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EatingWell®

MARCH 2019

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*The
California
Issue*



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MARCH 2019

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Paolo Saroni
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at Biggi's
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family and friends together
year after year.
BY BETSY ANDREWS

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Chrissy Teigen famously
wore a swimsuit covered in
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every restaurant menu. They
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There's no escaping this
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The inspiration for this young
chef's Taiwanese dishes comes
from both family and farm.

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California grows a huge
percentage of our country's
fruits and vegetables, yet
Golden State farms are facing
epic labor shortages preventing
ripe produce from even being
picked, let alone making its
way to your grocery store.
EatingWell investigates.

BY BARRY ESTABROOK



MARCH 2019

DEPARTMENTS

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EatingWell brings you delicious meals designed to hit the table in under 45 minutes—including speedy crab cakes served with a bright blood orange and arugula salad, Sichuan chicken lettuce wraps, pork chops with balsamic sweet onions, and cauliflower grilled cheese sandwiches that were such a hit here they vanished within seconds in our Test Kitchen.

39 Good Life

Plan a ski trip to a cool resort with hot food (p.42). We've also got the scoop on a rare Golden State spice (p.40). This is the California issue, after all! And need a fun rainy-day activity to do with your kids? Flip to page 44 to find out how to regrow celery, lettuce and more from the odds and ends you have left from meal prep.

49 Good Health

How much body fat you have may be a better predictor of health than the number on the scale. Find out what the latest research shows on page 53. We've also got six fixes for constipation, because: *such* a common issue (p.50). And if you're a popcorn fan, you've got to try popping amaranth and wild rice (yep, that's right). Rich in fiber and deliciousness (p.49).

57 Good.Food.Fast.

Overnight oatmeal, anyone? We've got seven fresh takes on this morning time-saver (p.59). Plus, fast snacks (p.60) and meals (p.62) with a decidedly Cali flair.

105 Morsels

Turn to page 106 for our review of the best coffee grinders—guaranteed to improve your a.m. brew. Our Test Kitchen pros also explain how to assemble potstickers from scratch (p.108).

112 Food with Purpose

Erik Oberholtzer's Sustainable Life Project is helping to get at-risk kids off the streets and into the kitchen, where they learn life-changing skills.

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DAY TO
*Shine on***

Jimmy Dean

Thank You, California

No matter where you are in the United States, your local supermarket is full of foods from California. With two-thirds of America's fruits and nuts and one-third of our vegetables grown here, it has a bigger impact on what we're eating than any other state. As we worked on this issue, fires burned across the state. This image, taken in November, shows workers picking greens just outside of Oxnard in Ventura County as the Woolsey fire glows in the distance. In this stretch of Southern California, the 101 Freeway cuts through dense development, butted right up to insanely productive farmland (most of which was spared by the fire). In Ventura County alone, there are nearly 20,000 acres of avocados, 15,000 acres of celery and 11,000 acres of strawberries. In 2017, the most recent year for which data is available, the county produced an estimated \$1.8 billion worth of fruit, vegetable and nut crops. And if all this sounds like a lot, consider that Ventura ranks only 8th among California's

counties in terms of production.

But the Golden State's impact on our diet goes well beyond the food it's growing. For starters, it has also had a huge influence on American farm-to-table cuisine. And what trend has shaped what we consider "eating well" more than that? Author Betsy Andrews writes about five farm-based inns starting on page 66. Cook one of the recipes from these spots or plan a visit, so you can gather fresh eggs for breakfast, wander a vineyard or commune with baby goats. Without California, where the Hass avocado was made popular, we might never have reached our current obsession level with the fruit (page 82). Then meet Vivian Ku (page 88), a young Los Angeles chef whose dishes, such as Zha Jiang Noodles and Wood Ear Mushroom Salad, reflect her Taiwanese heritage and her access to exceptional produce. (Much of it comes from her family's farm!) A jaunt northward to Lake County and we sit down to heaps of pasta and slowly roasted pork loins in a towering grove of

Ponderosa pines decked out with twinkle lights (page 74). And finally, a more serious issue: nowhere is the farm-labor shortage more critical than in California. So, on page 96, author Barry Estabrook explores how this problem impacts our food supply and what's being done to solve it.

In December, I drove through Ventura County and saw the hillsides scorched by the Woolsey fire. In just the one month since the fire, grasses had sprouted, cloaking the blackened earth in a green halo. The slow process of regrowth had begun. It was heartbreaking to see, but more so to know that so many people's lives were devastated. With this issue I'd like to send out all my gratitude for what California brings us as well as love and hope for the future for all those affected by the fires. —Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM
@JESSIEEATSWELL

Fire turned the skies ominous over field workers last November on the Oxnard Plain in California. Winds kept the smoke away from here and most of the crops in this area were unscathed.



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What's Trending @ EatingWell.com

1 NEXT-LEVEL SALADS
Get pro tips for making a big bowl of greens even more delicious. Think: homemade dressings, crunchy spiralized veg, plus new recipes like Superfood Chopped Salad with Salmon & Creamy Garlic Dressing (right). [EatingWell.com/SaladLove](#)

2 LOW-CARB THE RIGHT WAY
If you want to cut carbs, our nutrition experts can show you how to do it in a balanced way. Find carb-smart recipes, fill-you-up meal plans and tips on which are the best carbs to keep eating and why. [EatingWell.com/LowCarb](#)

3 VEGGIE GARDENING FOR NEWBIES
Would you love to garden but just don't know where to start? Grow your green thumb with us! Get our step-by-steps for how to plan your plot, learn about the most low-maintenance veggies to grow and more. [EatingWell.com/FoodGardening](#)



f WE ASKED YOU

How do you like to eat avocados (besides on toast)?

- Straight out of the peel, with sea salt and Sriracha. **Stephanie Carpenter**
- With teriyaki-flavored seaweed. **Narzekalski Verna**
- In tuna salad in place of mayo. **Kimberly Ann**
- In a salad, on my black bean soup, with chips, on my Buddha bowl, all alone with a drop of vinegar... the ways are endless. **Torri Norman**
- With a poached egg on top obv... maybe some chili flakes. Or just make guacamole. **Karolin Werner**
- Just with a bit of salt and pepper. So good. **Annie Amsden**
- With oil, vinegar and sliced raw onion. **Mark Rozados**
- On everything—tofu scramble, tacos, vegan pizza (yeah, I went there), brown rice with some soy sauce and chili paste, sandwiches, oohhhh on a baked potato too—it's bomb. **Kristen Gallagher**
- Mixed with lemon, sea salt and pepper smeared inside a fried taco shell. Avocado tacos. Boom. **Julia Amber**
- Baked with an egg in the middle. **Allison Winter-Richard**

YOU ASKED US



Julia Westbrook
Associate Nutrition Editor

What's one simple way to improve my health overall?
"Eat more fish! One of my favorite pieces to work on is our *Fix* page, where we round up dietary changes to address a specific health condition (this month it's constipation: *page 50*). Getting more vitamin D and omega-3s so often tops the list of smart moves to make, and fish can check off both of these boxes. Go for tuna, mackerel, salmon and sardines." For ideas, go to [EatingWell.com/FishRecipes](#).



Carolyn Malcoun
Food Features Editor

I'm in a breakfast rut. Help!
"I'm more a savory than sweet gal when it comes to morning meals. A favorite way to use up leftover refried beans from taco night is to make what we call 'Mexi Toast.' I top a piece of toast with refried beans and Cheddar, then bake it in my toaster oven for a few minutes. I usually serve it with salsa. Bonus: My 6-year-old loves it too!" Try the recipe at [EatingWell.com/mexi-melt](#) and check out [EatingWell.com/Breakfast](#).



Maria Emmighausen
Photo Director

Any fresh St. Patrick's Day dinner ideas?
"My grandparents, who were born in Ireland's County Mayo, loved pork. I can't wait to serve up the Grilled Herb-Fennel Pork Loin recipe from this issue (*page 81*). It's delicious! And I always like to fill my holiday table with dishes celebrating seasonal greens and spring onions. Try [EatingWell.com's](#) Vidalia Onion Tart—you won't regret it." Get more ideas at [EatingWell.com/StPatricksDay](#).

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EASY HEALTHY RECIPES

DINNER TONIGHT



These days we're morphing cauliflower into pizza crust and risotto, so sandwiching whole roasted florets in a grilled cheese is virtually classic cooking.



Flower Power
Tying the large leaves that grow around cauliflower heads together prevents flowers from budding, producing the dense white florets.

Say Cheese!

There's nothing quite like a gooey, crispy grilled cheese to get your kids excited to eat their veggies.

By Joy Howard

Cauliflower Grilled Cheese

ACTIVE: 30 min TOTAL: 50 min

Use the oil from a jar of sun-dried tomatoes to coat the florets with flavor, while the chopped bits add color and bursts of umami. Don't have a panini maker? Cook the sandwiches in a skillet over medium heat. Place another skillet on top, weighted down with four 15-ounce cans, to press them.

- 6 cups cauliflower florets (1-inch)
- 2 tablespoons oil from a jar of sun-dried tomatoes
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 1½ cups shredded sharp Cheddar cheese
- 1 teaspoon dried oregano
- 2 tablespoons butter, softened
- 8 slices whole-wheat sourdough bread
- 8 teaspoons chopped sun-dried tomatoes

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.



2. Toss cauliflower, oil, salt and pepper in a large bowl. Transfer to the prepared pan. Roast, stirring once, until lightly browned and tender, 15 to 20 minutes.

3. Meanwhile, preheat a panini maker to medium-high.



4. Combine cheese and oregano in a medium bowl. Spread butter on one side of the bread slices. Place 1 slice, buttered-side down, on a cutting board. Top with 3 tablespoons of the cheese mixture, ½ cup cauliflower and 2 teaspoons tomatoes. Top with 2 tablespoons cheese and another slice of bread, buttered-side up. Repeat with the remaining bread, cheese, cauliflower and tomatoes.

5. Cook the sandwiches in the panini maker until golden brown and the cheese is melted, 2 to 4 minutes each.

SERVES 4: 1 sandwich each

CAL 488 / FAT 28G (SAT 12G) / CHOL 50MG / CARBS 40G / TOTAL SUGARS 7G (ADDED 0G) / PROTEIN 17G / FIBER 8G / SODIUM 832MG / POTASSIUM 583MG.



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Easy Smoked Sausage Skillet

Serving Size: 4-6

Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.



The Deal with the Peel

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Barbecue Chicken Smothered Baked Potatoes

ACTIVE: 15 min TOTAL: 35 min

For this meal-on-a-spud we jump-start the potatoes in the microwave and then finish them in the oven so they get all crispy on the outside. Serve with a salad or some cooked greens.

- 4 medium russet potatoes
- 2 cups shredded cooked chicken breast
- ½ cup low-sodium chicken broth
- 1½ tablespoons butter
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup shredded Cheddar cheese
- ¼ cup sour cream
- ¼ cup barbecue sauce
- ¼ cup chopped scallions



1. Pierce potatoes all over with a fork. Place in the microwave and cook on Medium, turning once or twice, until soft, about 20 minutes. (Alternatively, bake potatoes at 425°F until tender, about 45 minutes.) Transfer to a clean cutting board and let cool slightly.

2. Preheat oven to 425°F.

3. Heat chicken and broth in a small saucepan over medium heat until hot. Keep warm.

4. Holding each potato with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh. Divide butter, salt and pepper among the potatoes, scraping with a fork to incorporate the butter.



5. Top the potatoes with the chicken mixture and sprinkle with cheese. Place on a rimmed baking sheet.

6. Bake until the cheese is melted, 3 to 4 minutes. Serve the potatoes topped with sour cream, barbecue sauce and scallions.

SERVES 4: 1 stuffed potato each

CAL 420 / FAT 13G (SAT 6G) / CHOL 87MG / CARBS 47G / TOTAL SUGARS 8G (ADDED 4G) / PROTEIN 30G / FIBER 3G / SODIUM 603MG / POTASSIUM 1,175MG



SWEET RAISINS

CRUNCHY BRAN FLAKES

PLOT TWIST
WE ADDED BANANA SLICES



Pork Chops with Balsamic Sweet Onions

ACTIVE: 20 min **TOTAL:** 20 min

Balsamic onions and raisins add a burst of sweet and savory flavor to seared pork chops. Round out the menu with Miso Sweet Potatoes (page 25) and green beans.

- 4 boneless pork loin chops or cutlets, about ½ inch thick, trimmed (1-1¼ pounds total)**
- ¾ teaspoon kosher salt**
- ½ teaspoon ground pepper**
- 1 tablespoon extra-virgin olive oil**
- 2 cups thinly sliced sweet onions**
- 1 teaspoon chopped fresh thyme**
- ½ cup unsalted chicken broth**
- ½ cup water**
- ¼ cup golden raisins**
- 3 tablespoons balsamic vinegar**
- 1 tablespoon butter**
- 1 tablespoon chopped flat-leaf parsley**

1. Sprinkle pork with salt and pepper. Heat oil in a large skillet over medium-high heat. Add the pork and cook, turning once, until browned, about 2 minutes per side. Reduce heat to medium and continue cooking until an instant-read thermometer registers 140°F, 3 to 5 minutes more. Transfer the pork to a plate and tent with foil.

2. Add onions and thyme to the pan; cook, stirring often, for 1 minute. Add broth and water; cover and cook for 5 minutes. Uncover and cook, stirring often, until the onions are soft and most of the liquid has evaporated, about 5 minutes. Stir in raisins and vinegar, scraping up any browned bits. Bring to a boil. Cook until thickened, about 3 minutes. Remove from heat and stir in butter. Serve the pork with the sauce, topped with parsley.

SERVES 4: 1 pork chop & ¼ cup onions each

CAL 246 / **FAT** 12G (SAT 4G) / **CHOL** 65MG / **CARBS** 15G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 20G / **FIBER** 1G / **SODIUM** 423MG / **POTASSIUM** 419MG.

With aromas of plum and blackberries, the lightly oaked, budget-friendly 2016 **Tinto Negro Malbec Mendoza (\$10)** pairs well with the balsamic onions.



Get recipes for easy *EatingWell* 20-minute & week-night mains in Cozi, a free meal-planning and organizing app from our parent company, Meredith Corporation (available on iTunes and Google Play).

Speedy Crab Cakes**ACTIVE:** 20 min **TOTAL:** 20 min

Most crab from the U.S., Canada, Australia and Norway is a sustainable choice, according to Seafood Watch. Serve these cakes with Citrus-Arugula Salad (below).

- 1 large egg
- 2 tablespoons mayonnaise
- 2 teaspoons Dijon mustard
- ¼ teaspoon ground pepper
- Pinch of salt
- Pinch of cayenne pepper
- ¼ cup chopped scallions
- 12 ounces jumbo lump crabmeat, drained and picked over
- ¾ cup panko breadcrumbs, preferably whole-wheat
- 2 tablespoons extra-virgin olive oil
- Lemon wedges for serving

1. Whisk egg, mayonnaise, mustard, pepper, salt and cayenne in a medium bowl until combined. Stir in scallions. Add crab and panko; stir to combine. Form the mixture into four ½-inch-thick patties.

2. Heat oil in a large nonstick skillet over medium-high heat until shimmering. Add the crab cakes and cook, turning once, until golden brown, 4 to 5 minutes per side. Serve with lemon wedges.

SERVES 4: 1 crab cake each

CAL 265 / **FAT** 15G (SAT 2G) / **CHOL** 109MG / **CARBS** 11G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 22G / **FIBER** 2G / **SODIUM** 486MG / **POTASSIUM** 41MG.

Citrus-Arugula Salad

Peel and slice 2 small tangerines and 1 medium blood orange. Combine with 3 cups packed baby arugula, 2 Tbsp. each lime juice and olive oil, 1 Tbsp. chopped fresh tarragon, 2 tsp. finely chopped jalapeño and ¼ tsp. salt in a medium bowl. Gently stir in 1 chopped avocado.

NUTRITION INFO: PAGE 110



Quick King Ranch Chicken Casserole

ACTIVE: 25 min TOTAL: 30 min

Usually made by layering creamy chicken and tortillas (lasagna-style), this Tex-Mex classic gets speedier when we mix everything together on the stove, then pop the whole pan under the broiler to make the cheese topping gooey.

- 1 tablespoon extra-virgin olive oil
- 1½ cups chopped yellow onion
- 1 cup chopped red bell pepper
- ¾ cup chopped poblano pepper
- 1 tablespoon finely chopped jalapeño
- 1 tablespoon minced garlic
- ½ teaspoon ground cumin
- 2 tablespoons all-purpose flour
- 1 cup unsalted chicken broth
- 2 ounces reduced-fat cream cheese, at room temperature
- 2 cups chopped cooked chicken breast
- 1 10-ounce can no-salt-added diced tomatoes with green chiles, drained
- 2 6-inch corn tortillas, torn into pieces
- ¼ teaspoon salt
- ½ cup shredded Mexican-blend cheese
- 2 tablespoons chopped fresh cilantro

1. Preheat broiler to high.
2. Heat oil in a medium ovenproof skillet over medium-high heat until shimmering. Add onion, bell pepper, poblano and jalapeño; cook, stirring occasionally, until softened, 7 to 9 minutes. Add garlic and cumin; cook, stirring constantly, until fragrant, about 1 minute. Sprinkle flour over the vegetables and cook, stirring constantly, until they are thoroughly coated, about 1 minute.
3. Add broth and bring to a boil, stirring to combine. Cook, stirring, until slightly thickened, about 1 minute. Stir in cream cheese until melted. Stir in chicken, tomatoes, tortilla pieces and salt. Sprinkle evenly with cheese.
4. Place the skillet under the broiler and broil until the cheese is melted and browned, 1 to 2 minutes. Sprinkle with cilantro.

SERVES 4: about 1½ cups each

CAL 332 / FAT 14G (SAT 6G) / CHOL 77MG / CARBS 21G /
TOTAL SUGARS 6G (ADDED 0G) / PROTEIN 30G / FIBER 4G /
SODIUM 376MG / POTASSIUM 443MG

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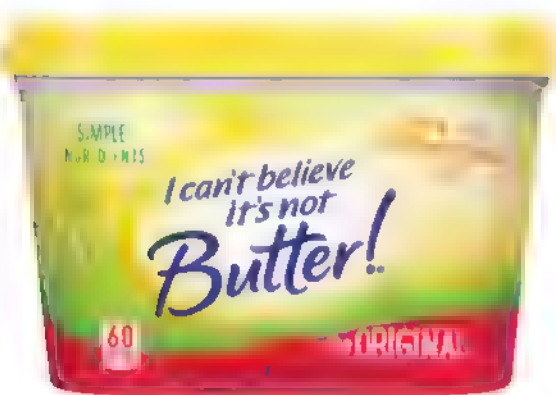


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* 1 Tbsp: 2 g sat fat, 6 g total fat, Butter: 7 g sat fat, 11 g total fat

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DINNER TONIGHT EASY LIGHT MAINS



Sichuan Chicken Lettuce Wraps

ACTIVE: 15 min TOTAL: 45 min

Sichuan peppercorns aren't peppers—they're the dried berries of the Chinese prickly ash bush. Don't have any on hand? Substitute ½ tsp. each crushed red pepper and five-spice powder for the Sichuan pepper.

- 1 pound boneless, skinless chicken breasts, trimmed
- 2 tablespoons thinly sliced fresh ginger
- 2 cloves garlic, smashed
- 2 tablespoons toasted (dark) sesame oil
- 2 tablespoons reduced-sodium tamari
- 2 tablespoons Chinese black vinegar or balsamic vinegar
- 2 teaspoons Chinese chili oil
- 2 teaspoons ground Sichuan peppercorns
- 2 teaspoons sugar
- 12 leaves Boston lettuce
- 1 English cucumber, cut into matchsticks

½ cup carrot and/or radish matchsticks

½ cup thinly sliced scallions

2 tablespoons toasted sesame seeds

1. Place chicken, ginger and garlic in a large saucepan. Cover with water. Bring to a boil over high heat. Reduce heat to a simmer and cook until an instant-read thermometer inserted in the thickest part of the chicken reaches 160°F, 10 to 12 minutes. Transfer the chicken to a clean cutting board (discard ginger and garlic); let cool for 5 minutes.
2. Meanwhile, whisk sesame oil, tamari, vinegar, chili oil, peppercorns and sugar in a medium bowl.
3. Shred the chicken and stir into the sauce. Let stand for 5 minutes. Serve in lettuce leaves topped with cucumber, carrot (and/or radish), scallions and sesame seeds.

SERVES 4: 3 wraps each

CAL 274 / **FAT** 14G (SAT 2G) / **CHOL** 63MG / **CARBS** 11G / **TOTAL SUGARS** 6G (ADDED 2G) / **PROTEIN** 26G / **FIBER** 2G / **SODIUM** 457MG / **POTASSIUM** 452MG

+WRAP IT UP Get more lettuce wrap recipes at eatngwe1.com/lettucewraps

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fat, 11 g total fat



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Asparagus & Smoked Mozzarella Pizzettes

ACTIVE: 30 min TOTAL: 30 min

EQUIPMENT: Parchment paper

Asparagus, walnuts, mint and orange may sound like crazy pizza toppings, but try it for yourself. The combination is downright delicious.

- 1 pound prepared whole-wheat pizza dough, at room temperature
- 12 ounces thin asparagus, trimmed and cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt plus ½ teaspoon, divided
- 1 cup shredded smoked mozzarella cheese
- ½ cup thinly sliced scallions
- 2 tablespoons chopped toasted walnuts
- Handful of fresh mint leaves, torn
- Zest of 1 orange

1. Position racks in upper and lower thirds of oven; preheat to 500°F. Line a large baking sheet with parchment paper.

- 2. Divide dough into 6 portions; stretch each piece into a 7-by-3-inch oval. Arrange on the prepared baking sheet. Toss asparagus with oil on a second baking sheet; sprinkle with ½ teaspoon salt. Bake the dough on the top rack and the asparagus on the bottom rack for 3 minutes.
- 3. Press the dough with the back of a spatula, if necessary, to flatten slightly. Sprinkle cheese over the top. Scatter the asparagus and scallions over the cheese.
- 4. Bake the pizzettes on the top rack until the cheese is melted and the crust edges are golden, 8 to 10 minutes. Sprinkle with the remaining ½ teaspoon salt, walnuts, mint and orange zest.

SERVES 6: 1 pizzette each

CAL 264 / FAT 10G (SAT 3G) / CHOL 15MG / CARBS 32G / TOTAL SUGARS 2G (ADDED 1G) / PROTEIN 11G / FIBER 3G / SODIUM 464MG / POTASSIUM 123MG



GET IT

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Per one ounce serving.

*Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease (FDA). One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

So Simple. So Good.™

Romaine Salad with Walnuts and Beets

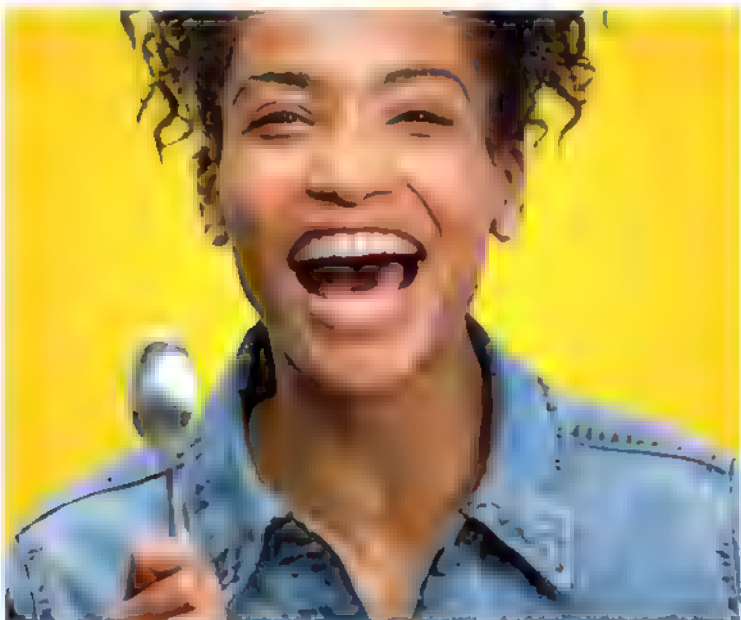
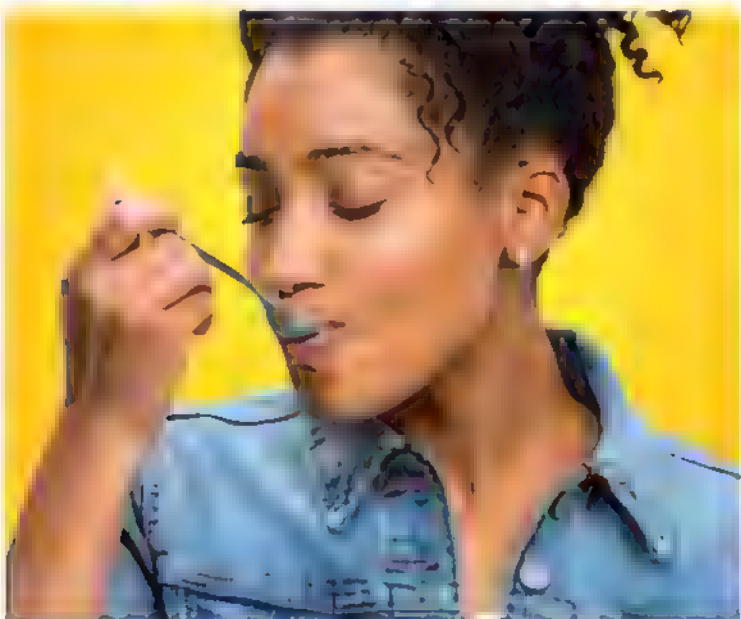
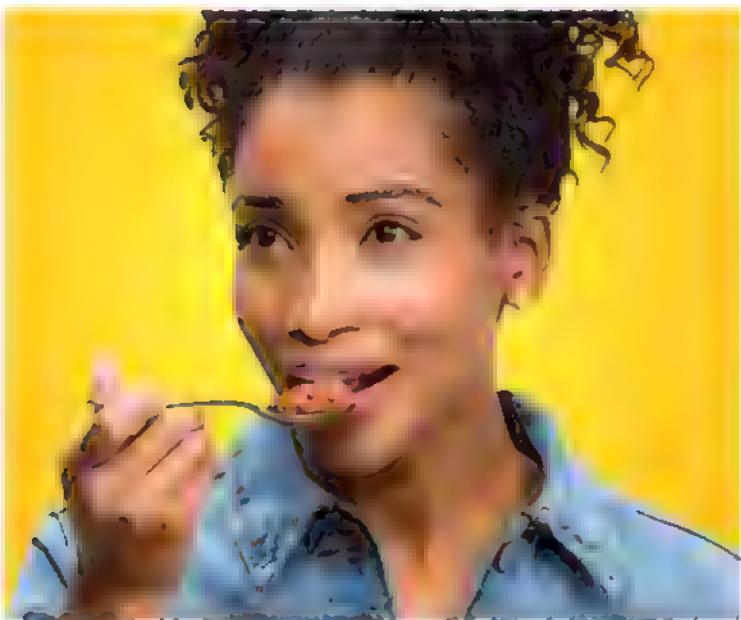


Lemony Zucchini Salad with Walnuts



Kale, Apple, Pancetta and Walnut Salad





ONE BITE WILL CHANGE EVERYTHING

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Look for the yellow pouch
in the international aisle.

EATING
WELL**Blue Cheese-Veggie Slaw****ACTIVE:** 15 min **TOTAL:** 15 min

Crumbled blue cheese in a buttermilk dressing elevates basic coleslaw and is a perfect way to introduce kids to the potent cheese. Top with grilled chicken or pork for a great meal-in-a-bowl.

- ½ cup crumbled blue cheese
- ¼ cup chopped flat-leaf parsley
- ¼ cup buttermilk
- ¼ cup mayonnaise
- 2 tablespoons cider vinegar
- 4 cups thinly sliced cabbage
- 1½ cups thinly sliced red bell pepper
- 1 cup shredded carrot
- ¼ cup salted roasted sunflower seeds

Whisk blue cheese, parsley, buttermilk, mayonnaise and vinegar in a large bowl. Add cabbage, bell pepper, carrot and sunflower seeds; toss to coat.

SERVES 6: about 1 cup each

CAL 166 / **FAT** 13G (SAT 4G) / **CHOL** 13MG / **CARBS** 8G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 3G / **SODIUM** 260MG / **POTASSIUM** 267MG

**BETTER THAN BANANAS**

Sweet potato tops the American Heart Association's list of potassium-packed foods. This mineral helps balance sodium to regulate blood pressure.

Miso Sweet Potatoes**ACTIVE:** 10 min **TOTAL:** 40 min**EQUIPMENT:** Parchment paper

Don't skip lining the baking sheet or the miso-butter might burn on the pan and cause the sweet potatoes to stick.

- 1½ tablespoons butter, melted
- 2 teaspoons white miso
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 3 medium sweet potatoes (1½ pounds total), sliced into 1-inch-thick rounds
- 1 tablespoon pure maple syrup
- 1 tablespoon cider vinegar
- 1 teaspoon chopped fresh rosemary

1. Preheat oven to 425°F. Line a large baking sheet with parchment paper.

2. Combine butter, miso, pepper and salt in a large bowl. Add sweet potato slices and toss to coat. Arrange them in a single layer on the baking sheet; scrape any remaining butter-miso mixture over them. Roast the sweet potatoes, flipping once, until lightly browned and tender, about 30 minutes.

3. Whisk maple syrup and vinegar in a small bowl. Drizzle over the sweet potatoes. Serve sprinkled with rosemary.

SERVES 4: about 4 slices each

CAL 135 / **FAT** 4G (SAT 3G) / **CHOL** 11MG / **CARBS** 22G / **TOTAL SUGARS** 9G (ADDED 3G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 268MG / **POTASSIUM** 426MG

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START HERE

Begin each of these recipes by steaming 8 cups broccoli florets until tender-crisp, 3 to 4 minutes.

Sautéed Broccoli with Peanut Sauce

ACTIVE: 15 min TOTAL: 15 min

Heat 2 Tbsp. **toasted sesame oil** in a skillet over medium-high heat. Add 1 cup sliced **red bell pepper**, ½ cup sliced **onion** and 1 Tbsp. chopped **garlic**; cook, stirring, until softened, about 3 minutes. Add the **broccoli**; cook, stirring, for 3 minutes. Whisk 3 Tbsp. **peanut butter**, 2½ Tbsp. reduced-sodium **tamari**, 2 Tbsp. **rice vinegar**, 1 Tbsp. **brown sugar** and 1 tsp. **cornstarch** in a bowl until smooth. Add to the pan and cook, stirring, until the sauce thickens, about 1 minute. Sprinkle with 1 Tbsp. toasted **sesame seeds**.

SERVES 6: ¾ cup each

Broccoli Salad with Sherry Vinaigrette

ACTIVE: 15 min TOTAL: 30 min

Cool the **broccoli** in ice water. Drain and dry. Whisk ½ cup **olive oil**, 2 Tbsp. each **sherry vinegar** and fresh **thyme**, 1 tsp. each **Dijon mustard** and **honey** and ¾ tsp. **salt** in a bowl. Add the broccoli and ½ cup sliced **red onion** and toss to coat. Let stand 15 minutes. Top with ½ cup shaved **Parmesan** and ¼ cup toasted chopped **pecans**.

SERVES 6: 1 cup each

Greek Broccoli Gratin

ACTIVE: 20 min TOTAL: 40 min

Combine ⅔ cup **mayonnaise**, ½ cup each chopped **red bell pepper** and **nonfat plain Greek yogurt**, ¼ cup crumbled **feta**, 2 Tbsp. fresh **parsley**, 1 Tbsp. fresh **dill**, 1 tsp. **lemon zest** and 6 chopped **Kalamata olives** in a large bowl. Add the **broccoli** and stir to coat. Spoon into a greased 2-quart baking dish. Mix ½ cup **panko**, 1 Tbsp. fresh **dill** and 2 tsp. **olive oil** in a small bowl; sprinkle over the broccoli. Bake at 375°F until golden brown, about 20 minutes.

SERVES 6: 1 cup each

Mediterranean Chicken & Chickpea Soup

ACTIVE: 20 min **TOTAL:** 4 hrs 20 min-8 hrs 20 min (plus overnight soaking)

EQUIPMENT: 6-qt. or larger slow cooker

Using bone-in chicken in the slow cooker is the key to making rich soup without adding broth.

- 1½ cups dried chickpeas, soaked overnight
- 4 cups water
- 1 large yellow onion, finely chopped
- 1 15-ounce can no-salt-added diced tomatoes, preferably fire-roasted
- 2 tablespoons tomato paste
- 4 cloves garlic, finely chopped
- 1 bay leaf
- 4 teaspoons ground cumin
- 4 teaspoons paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground pepper
- 2 pounds bone-in chicken thighs, skin removed, trimmed

1 14-ounce can artichoke hearts, drained and quartered

¼ cup halved pitted oil-cured olives

½ teaspoon salt

¼ cup chopped fresh parsley or cilantro

1. Drain chickpeas and place in a 6-quart or larger slow cooker. Add 4 cups water, onion, tomatoes and their juice, tomato paste, garlic, bay leaf, cumin, paprika, cayenne and ground pepper; stir to combine. Add chicken.

2. Cover and cook on Low for 8 hours or High for 4 hours.

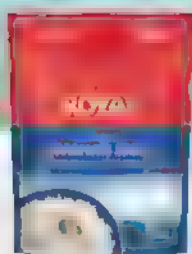
3. Transfer the chicken to a clean cutting board and let cool slightly. Discard bay leaf. Add artichokes, olives and salt to the slow cooker and stir to combine. Shred the chicken, discarding bones. Stir the chicken into the soup. Serve topped with parsley (or cilantro).

SERVES 6: about 2 cups each

CAL 446 / **FAT** 15G (SAT 3G) / **CHOL** 77MG / **CARBS** 43G /

TOTAL SUGARS 9G (ADDED 0G) / **PROTEIN** 34G /

FIBER 12G / **SODIUM** 762MG / **POTASSIUM** 609MG.



PAIR IT

Want to add even more staying power to this soup? Stir in 1 cup of basmati rice in the last 20 minutes of cooking. Find it in the rice section or international aisle of your grocery store.

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These standout sauces were designed to go with anything for a fast meal. Try the relish over white flaky fish, the romesco on a sandwich or pizza, and the cream sauce with pasta or chicken.



Olive, Caper & Orange Relish

ACTIVE: 15 min **TOTAL:** 15 min
TO MAKE AHEAD: Refrigerate for up to 1 week.

Grate $\frac{1}{4}$ tsp. zest from 1 **orange**. Slice both ends off the orange, then remove the peel and white pith. Cut the segments into a medium bowl and squeeze any juice from the membranes. Stir in $\frac{1}{2}$ cup chopped pitted **Kalamata olives**, 3 Tbsp. **olive oil**, $\frac{1}{2}$ Tbsp. each rinsed **capers** and finely chopped **shallot**, $\frac{1}{2}$ tsp. fresh **oregano** and the orange zest.
MAKES: 1 cup (2-Tbsp. serving)

Smoked Almond Romesco

ACTIVE: 10 min **TOTAL:** 10 min
TO MAKE AHEAD: Refrigerate for up to 5 days.

Combine one 15-oz. can diced **fire-roasted tomatoes**, 1 cup each **roasted red bell peppers** and **smoked almonds**, $\frac{1}{4}$ cups torn toasted **whole-wheat bread** (1-inch pieces), 3 Tbsp. **olive oil**, 2 Tbsp. **sherry vinegar**, 2 chopped **garlic** cloves, $\frac{1}{2}$ tsp. **paprika** and $\frac{1}{4}$ tsp. each **honey** and **salt** in a food processor. Process until finely chopped, about 30 seconds, scraping down the sides as needed.

MAKES: 3 cups (2-Tbsp. serving)

Basil-Cream Sauce

ACTIVE: 20 min **TOTAL:** 20 min
TO MAKE AHEAD: Refrigerate for up to 2 days.

Heat 1 Tbsp. **olive oil** in a medium saucepan over medium-high heat. Add 1 Tbsp. **all-purpose flour** and 1 finely chopped **garlic** clove; cook, stirring constantly, until fragrant, about 1 minute. Add 1 cup **unsalted chicken broth**; bring to a boil over high heat. Cook, whisking occasionally, until reduced by half, about 5 minutes. Reduce heat to medium-low; whisk in $\frac{3}{4}$ cup **half-and-half**. Add 1 **basil** sprig; cook, stirring often, until thickened, about 8 minutes. Remove from heat; discard basil. Stir in 2 Tbsp. each fresh chopped **basil** and grated **Parmesan cheese**, $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **ground pepper**.
MAKES: 1 cup (2-Tbsp. serving)

NUTRITION INFO: PAGE 110

YOUR ESSENTIAL GUIDE TO TOMATOES

The easiest way to upgrade your favorite recipes is by using the best ingredients you can find, so when fresh tomatoes aren't in season, keep Muir Glen tomatoes stocked in your kitchen. Muir Glen tomatoes will help you create your own legendary dishes because they're grown in California's Sacramento Valley and canned quickly for peak freshness. This flavor guide will help you choose the best match for your menu.

CRUSHED with BASIL

Tomato with basil is a classic Italian flavor combination. Here, organic sweet basil adds light, herbal flavor, and crushing the tomatoes gives them a rustic, salsa-like texture that offers hearty bites of tomato and just the right amount of sauce.

TIP: Use these tomatoes instead of pizza sauce for a fresher tasting Neapolitan pizza.

DICED FIRE ROASTED

These tomatoes are harvested at their peak flavor and then roasted over an open fire, which adds a slightly smoky taste to their inherent sweetness. A sprinkle of sea salt enhances the tomatoes' flavor before they are cut into firm ¾-inch pieces.

TIP: The large chunks cook down perfectly in a spicy shakshuka—hello, Saturday brunch!

PETITE DICED

These sweet-tart tomatoes are diced small, lightly seasoned with sea salt and surrounded by delicate tomato juices that help keep them flavorful. The ¼-inch pieces have a medium-firm texture and bright taste that's great as a fresh topping.

TIP: Make these tomatoes the secret to your homemade pico de gallo or traditional antipasto bruschetta.

WHOLE PEELED

Roma-style tomatoes are picked from the vine and peeled at the peak of their flavor, so they maintain a beautiful red color throughout for a freshness you can taste and see. The tomatoes are juicy but firm, so they can be used whole, diced, or crushed depending on the recipe.

TIP: Choose whole peeled tomatoes for stews and braises that require tomatoes to hold up under low, slow heat.

TOMATO SAUCE

Fresh tomatoes are combined with garlic and onion for a slightly tart and piquant flavor profile, and then pureed for a rich, velvety consistency. This simple but savory sauce lends itself equally well to one-pot pastas and long-cooking soups and braises.

TIP: When you're short on time, use this as a base for a semi-homemade sauce. Just add your favorite seasonings.

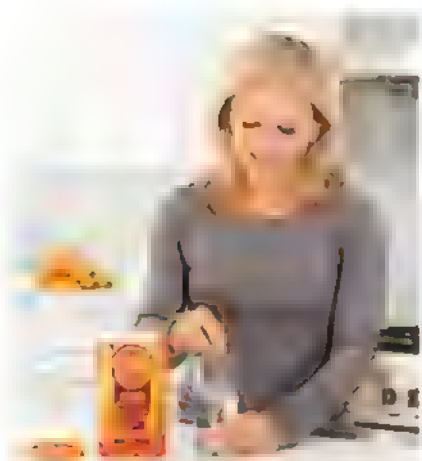


LIGHTEN UP TWO-WEEK CHALLENGE TRAPS & REMOVES IN 2019!

TAKE THE METAMUCIL TWO-WEEK CHALLENGE TO TRAP AND REMOVE THE WASTE THAT'S BEEN WEIGHING YOU DOWN*. TAKING METAMUCIL EVERY DAY WILL HELP YOU FEEL LIGHTER AND MORE ENERGETIC**.

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—Chris Freytag, Founder of Get Healthy U



#1 DAY 1

Every morning, I start my day with 8 to 10 ounces of water with lemon. On my first day of the challenge, I started my routine and added Metamucil. I was pleasantly surprised to find that it dissolved well and tasted delicious. The first thing I thought was, “Wow, my clients will love this.”

#6 DAY 6

It was really easy for me to take Metamucil every day because I kept it on the kitchen counter so I couldn't miss it in the morning. I've always been a healthy eater but the added fiber made me feel more energetic*. At this point, I was adding Metamucil to my go-to smoothie and oatmeal recipes.



#14 DAY 14

On my last day, I knew that I would absolutely keep on taking Metamucil. I'm convinced that it's the easiest and best solution for anyone who needs to increase their fiber intake — especially people who can't easily fit more fiber into their diet. It's amazing how light I feel and how much it helps your digestive health to keep you regular*.



My Challenge Tips

- Try to take Metamucil in the mornings with breakfast to help form your daily routine.
- My smoothie recipe: frozen mixed berries, a frozen banana, a bit of protein powder, 1-2 scoops of Metamucil and almond milk.
- Do it with a buddy! Challenges are more fun when you have a friend doing it with you.
- Keep taking Metamucil everyday to trap and remove the waste that weighs you down*.
- Enjoy the results! Metamucil is easy to take for anyone looking to feel lighter, more energetic*, and to be more regular*.

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TAKE THE TWO-WEEK CHALLENGE

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the waste that weighs you down*



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Strawberry-Oat Streusel Bars

ACTIVE: 15 min **TOTAL:** 2 hrs
(including 1 hr cooling time)

TO MAKE AHEAD: Store airtight for up to 4 days.

EQUIPMENT: Parchment paper

Preserves give these fruity bars a little more concentrated strawberry oomph. Serve with a scoop of vanilla ice cream for dessert.

- 1½ cups old-fashioned rolled oats
- ½ cup packed light brown sugar
- 6 tablespoons all-purpose flour
- 6 tablespoons white whole-wheat flour
- ¼ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup unsalted butter, melted
- 1½ cups finely chopped fresh strawberries
- 3 tablespoons strawberry preserves
- 2 tablespoons granulated sugar
- ½ teaspoon cornstarch

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with parchment paper, leaving a 2-inch overhang on two sides. Coat with cooking spray.

2. Combine oats, brown sugar, all-purpose flour, whole-wheat flour, baking soda, cinnamon and salt in a large bowl. Stir in melted butter. Firmly press 2 cups of the oat mixture into the bottom of the prepared pan. (Reserve the rest for the topping.) Bake until fragrant and set, about 20 minutes. Transfer to a wire rack.

3. Combine strawberries, preserves, granulated sugar and cornstarch in a medium bowl. Spread the mixture evenly over the crust. Sprinkle with the reserved oat mixture.

4. Bake until the topping is golden and the filling is bubbling, about 35 minutes. Let cool in the pan for 5 minutes. Using the overhanging parchment, carefully lift the bars out of the pan. Transfer to a wire rack to cool completely, about 1 hour. Cut into 12 bars.

SERVES 12: 1 bar each

CAL 167 / **FAT** 6G (SAT 3G) / **CHOL** 14MG / **CARBS** 28G / **TOTAL SUGARS** 15G (ADDED 14G) / **PROTEIN** 2G / **FIBER** 2G / **SODIUM** 78MG / **POTASSIUM** 85MG.

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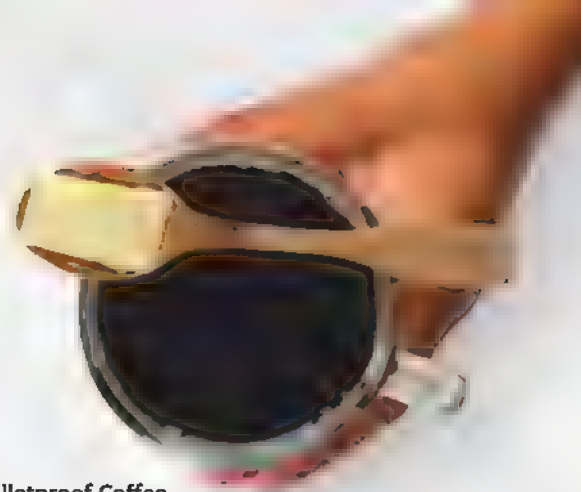
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King Cake Latte

Add 2 tbsp. Torani Sugar Free Vanilla to 2 shots espresso (or ½ cup strong brewed coffee) and 1 cup frothed oat milk.



Bulletproof Coffee

Blend 2 tbsp. Torani Sugar Free Vanilla Syrup with 1 cup coffee, 1 tbsp. grass fed butter, 1 tbsp. MCT oil.



Zero Carb Whipped Cream

Whip 2 tbsp. Torani Sugar Free Vanilla Syrup with 1 pint heavy whipping cream until peaks form.



Sweet 16 Punch

Stir 1 ¼ cup Torani Sugar Free vanilla Syrup, 10 cups sparkling water, 5 cups pineapple punch and 1 ¼ cup fresh lemon juice with ice in a punch bowl. Serves 20.



Vanilla Ice Storm Coffee

Add 2 tbsp. Torani Sugar Free Vanilla Syrup to 1 cup iced coffee and milk to taste.



St. Paddy's Tea Latte

Add 2 tbsp. Torani Sugar Free Vanilla Syrup to 1 cup brewed matcha and ½ cup skim milk.

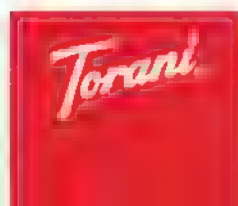


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FRESH IDEAS FOR EVERY DAY

GOOD LIFE

California's New Cult Spice

Once available only from France, the famed Espelette pepper is finally being grown stateside. Season liberally.
By Naomi Tomky

In a misty morning, towering plants laden with fire-engine-red Espelette peppers—the culinary pride of the Basque region of France—stand in rows among the mountains, ready for harvest. Prized for a beguilingly complex, smoky-but-sweet heat, the spice made from these ground and dried peppers, called piment d'Espelette, was once a hard-to-find, import-only chef's secret. But this scene isn't set in the rolling hills of southwestern France—it's in northern California's Mendocino County. The famous pepper flourishes here and has a hint of Golden State terroir—slightly fruitier and brighter than its European cousin.

Like these peppers, the man growing them is also a transplant. Ignacio "Nacho" Flores grew up working on his family's corn farm in Michoacán, Mexico, before heading to California in search of work—first tending grapes in the Napa Valley and eventually becoming the vineyard manager at Signal Ridge in Boonville.

When a local chef mentioned his love of piment d'Espelette to Signal Ridge owner Roger Scommegna, they inquired if Flores could grow it. "Can I grow peppers?" Flores laughed. "What do you mean? I'm Mexican. Of course I can grow peppers!" And the northern California conditions proved perfect: hot days and cool nights stress the plants in just the right way, producing the thick skins that give the peppers their characteristic heat and depth. Because piment d'Espelette, by definition, must come from its namesake village in France, the "piment d'ville" (short for Boonville) was born, opening this once obscure but special pepper to

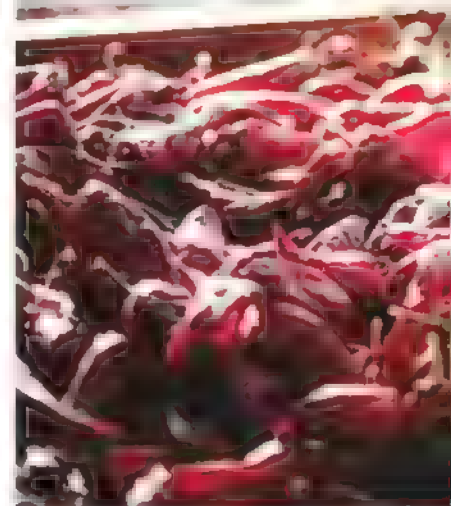


a whole new audience. (Although other U.S. farmers have planted the pepper, Signal Ridge is the only one with large-scale production and sales.)

"People love it," says Flores of the reaction to the niche pepper. And even though he was raised on jalapeños and serranos, Flores, too, fell in love with what he now calls "the duct tape of my kitchen" for its versatility: he sprinkles the spice on corn with sour cream and cotija, seasons beans with it for soup and uses it to spice up pork.

Want to try it for yourself? Signal Ridge's piment d'ville is available at pimentdville.com; 3 ounces for \$28.

+SPICE IT UP Learn about the amazing health benefits of herbs and spices at eat.ngwell.com/herbalthyspices



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Did you know the carbohydrates in a plain bagel provide your body with the same impact of 8 teaspoons of sugar!™ It's because many foods that are loaded with carbohydrates may cause blood sugar to spike. Learn more about the "Hidden Sugar Effect" at Atkins.com.

**Based on Glycemic Load. Amounts do not represent sugar content.



In 2010, the first 50 piment d'Espelette pepper plants were grown in California by Nacho Flores (*above*). Now, the farm grows 50,000 annually, yielding around 5,000 pounds of the piment d'Espelette spice, says Kendra McEwen (*left*), who handles sales.

Try Atkins.

Because these protein-rich Atkins® bars, with 4 grams or less net carbs*, may have the effect on your blood sugar of a **teaspoon and a half of sugar**.**

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*Bars displayed Chocolate Peanut Butter (3g Net Carbs) and Blueberry Greek Yogurt (4g Net Carbs) **Based on Glycemic Load. Amounts do not represent sugar content.

Elevated Ski Resort Fare

For an epic spring-break alpine vacation, these five resorts make mealtimes as thrilling as shredding the slopes. By Mimi Slawloff

Taco Beast

**Steamboat Ski Resort,
Colorado**

Yes, they've put a taco truck on a mountain—snowcat treads and everything—serving up elevated street food, Colorado-style. Think locally sourced elk chorizo tacos, and the Tres Hermanas tacos, made with roasted winter squash, black beans and corn topped with cabbage, pickled red onion, cilantro and queso fresco. Taco Beast is the perfect midday recharge before heading back out on the slopes. **\$5 per taco; steamboat.com**

Rock Creek Lodge

**Mammoth Lakes,
California**

Chef Jan Huffstutler's homemade pasta is worth the 2-mile trek (you can snowshoe, cross-country ski or get snowmobiled in) through the woods to get to this backcountry cross-country ski lodge. Dishes you'll find on the four-course prix-fixe menu include butternut squash ravioli with sage butter, and salmon en croûte with lobster sauce. Meals are served family-style on three long pine tables in this cozy cabin, complete with soup station and woodstove to keep you warm as you enjoy the serene, snowy views from the expansive windows. **\$85 (including snowmobile ride); rockcreeklodge.com**

The Yurt

**Solitude Mountain Resort,
Utah**

Strap on your snowshoes for a short walk to this Mongolian yurt (basically a massive canvas tent), where chef Craig Gerome serves a candlelit, five-plus-course meal. "I like to mix in the game meat we get here but use a French style to prepare it," he says. Expect sous vide elk tenderloin pan-roasted with foraged mushrooms, whole roasted salsify and sauce au poivre. Other favorites: short ribs braised for 15 hours and served bone-in atop blue crab-&-lobster risotto with veal Bordelaise sauce. The yurt only seats 24 people, so reservations are required. **\$140; solitudemountain.com**

Solstice

**Stowe Mountain Resort,
Vermont**

Ditch the gear and head for après-ski drinks and dinner in this rustic, yet elegant mountain lodge. Floor-to-ceiling windows overlook Spruce Peak, one of the two mountains at this resort, and the open-show kitchen lets you watch as Chef Sean Blomgren whips up tasty dishes, like lamb prepared to perfect medium-rare, caramelized in the brick oven, and served with green garlic puree, ramps and spring peas. "Vermont lamb is smaller and has a concentrated flavor, no gaminess," he says. Or try the squash toast featuring locally made ricotta on grilled sourdough bread. **Entrees \$13 to \$40; stowe.com**

Bon Vivant

Telluride Ski Resort, Colorado

Of the 148 trails at this resort, we'd argue that the best run starts at this mountaintop open-air bistro. Pair a glass of French Cahors malbec with the Le Bonaparte sandwich—a baguette piled with pulled lamb shoulder, peppadew peppers, onions and locally made Brie-like MouCo ColoRouge cheese. Or try chef Jared Campbell's signature French onion soup, topped with homemade herb-&-mustard croutons and melted Gruyère. A 40-foot umbrella imported from Austria shelters the eatery and there's extra seating on the "lawn" (shown here). At the end of the day, you might spy Campbell and his staff snowboarding down the mountain like a wolf pack. **Entrees start at \$20; tellurideskiresort.com**



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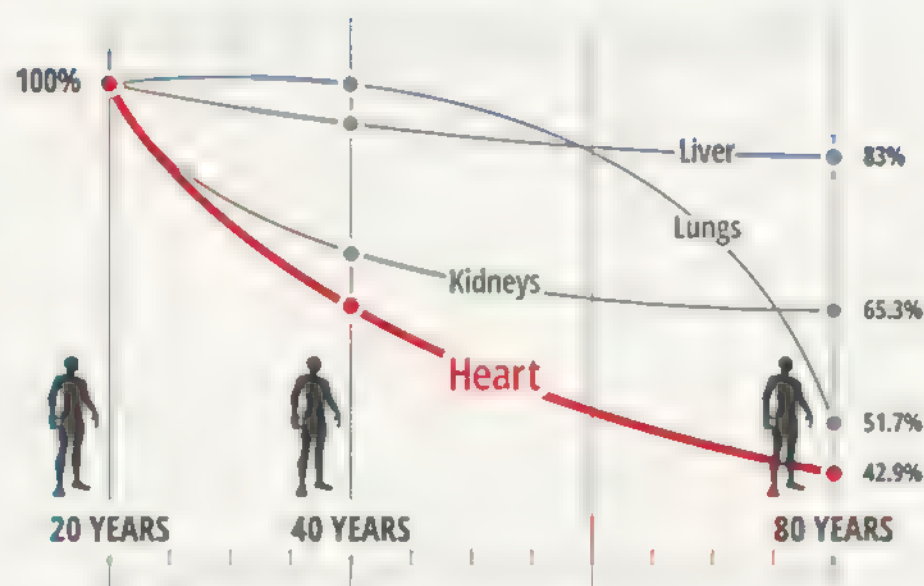


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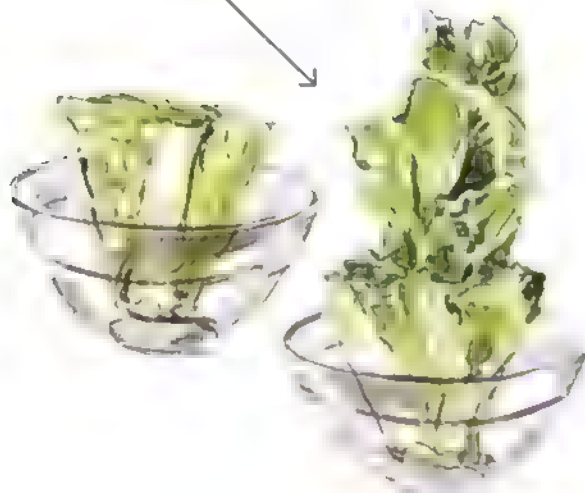
Wait! Don't toss that celery stump or the end of that onion. After you're done prepping your meal, some of those veggie scraps can be resprouted. Recruit the kids and set up shop on a sunny windowsill. Watch as veggie nubs turn into roots and shoots right in your kitchen.

By Brooke Constance White

plant
your
plate

Get more gardening inspiration at eatingwell.com/plantyourplate

Want to regrow your celery? Follow the same directions for sprouting lettuce here.



ROMAINE LETTUCE Place the base of the head in a small dish of water, leaf-end up. Change the water daily. After a week, you should see small leaves growing out of the top. Trim—and eat—the growth and repeat several times until roots form, about 3 weeks. Then plant the lettuce, covering the roots and a couple inches of the base, in a pot or directly into the ground. Rather than harvest the whole head at once, pick leaves as you want to eat them, leaving about half of the existing leaves to encourage more growth.



ONION Place the root end in a shallow bowl with enough water to just cover the roots. Change the water daily. You should see some growth in a few days. After about a week, plant the onion in a pot or in the ground with the roots buried and the remaining bulb exposed. Trim the green shoots as they appear (yes, you can eat these), leaving some of the growth—this helps the bulb grow bigger and faster. In 3 to 4 months, you'll have a mature onion.



SWEET POTATO Did you let your sweet potato sit too long and now it's got eyes? Let them keep growing, rather than toss the spud. Once the purple sprouts, known as slips, are at least 3 to 4 inches long, gently pull them off the potato and place them in water. (We recommend using a bud vase to keep them upright.) Change the water daily. After several weeks, roots will emerge. When they're an inch long, plant the slips just deep enough to cover the roots, 18 to 24 inches apart. The sweet potatoes will be mature in 3 to 6 months.

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Yes, even dogs and cats can have an impact on the environment. Protect the planet with these smart tips for green pet care. **By Alison Ashton**

FOOD FOOTPRINT Shrink your pets' carbon paw print by feeding them the right amount of food, says Cailin Heinze, M.S., V.M.D., D.A.C.V.N., a board-certified veterinary nutritionist at Tufts University's Cummings School of Veterinary Medicine. Pets account for about 30 percent of the ecological impact of meat production in the United States. And many overeat: more than half of American pets are overweight or obese. Check with your vet to see if you should scale back how much they eat.

Also, read labels and choose food made with organ meat, animal byproduct or meat or poultry meal (rendered animal protein). These ingredients use up extra parts of animals that are slaughtered for human consumption, reducing waste—and they're nutritious for pets, Heinze says.

WASTE MANAGEMENT "The safest thing to do from an environmental standpoint is to bag poop and throw it in the trash," says Darby Hoover, senior resource specialist at the Natural Resources Defense Council. For dogs, repurpose existing bags from newspapers, bread or bagels, or grocery produce. If you need to buy bags, look for ones made from recycled plastic, like the brand Poop Bags. For cats, choose litter made from materials like cedar, pine, wheat or corn (which have a lower environmental impact than clay), or recycled materials, like Yesterday's News litter, made from newspaper.

Consider purchasing pet food in larger containers to cut down on packaging. (Just check the expiration date to ensure that you'll use it all up before it goes bad.)

GREEN GEAR Choose durable items like collars and chew toys that will hold up to years of wear and tear. For particularly destructive pooches, rubber toys like Kong balls are tried-and-true sturdy. Or buy cloth toys made with reinforced seams and nothing that can be easily ripped off (like ears or tags). Cat owners: you can recycle a spent cardboard scratching post—and replace it with one that's made from the same eco-friendly material too.

WILDLIFE PROTECTION If you can, keep cats inside. Researchers at the Smithsonian Migratory Bird Center estimate that free-range feline pets kill more than 400 million birds in the U.S. annually. For outdoor kitties, consider a colorful collar, like ones made by Birdsbesafe, designed so feathered friends can spot your cat and fly away. Pups can also disturb habitats, preying on animals and spreading illnesses. Keep Fido on a leash on walks and hikes. 🐾

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GOOD HEALTH

Wild Rice

Amaranth

Sorghum

Pop Culture

Think beyond popcorn
with these explosive
whole grains

By Patsy Jamieson

Love whole grains?

Us too! Research in the Journal of Nutrition shows that eating about three daily servings of whole grains is linked to a 22 percent lower risk of developing type 2 diabetes. And simmering them isn't your only option. You can pop them! (A serving is 1 ounce for popcorn, about 3½ cups popped; smaller grains yield less.) Time to add some crunch to your grain game. Visit eatingwell.com/grainpop for instructions.

Sorghum This grain looks and tastes like mini popcorn when popped. Per cup (which is almost 2 ounces), you get 4 grams of fiber, plus it's a great source of magnesium—a nutrient that about half of Americans don't get enough of. It's delish as is, but also makes a great, crispy addition to trail mix or granola. Or mix it with nut butter, honey, dried fruit and nuts and roll into balls for an energy-boosting snack.

Amaranth Delicate and crispy, popped amaranth is ideal for all sorts of snacks—and its mild flavor makes it super-versatile. The traditional use for popped amaranth is in the Mexican treat *alegría*, a caramel candy with pumpkin seeds. It's also great sprinkled over yogurt and fruit or mixed into granola. An ounce, about 1½ cups popped, boasts 10% of your recommended daily iron and 4 grams of protein.

Wild Rice This one puffs, rather than pops. It has amazing crunch and a nutty flavor, making it a perfect replacement for, well, nuts. Try it as a garnish for creamy soups or salads. A cup of puffed wild rice (about 2 ounces) is a good source of fiber as well as zinc, a mineral that helps support your immune system. (And yes, we know it's not a true grain. But it hangs out at the grains table because its nutrition profile is similar.)

You Go, Girl!

Here are 6 simple strategies to ease constipation and reclaim the throne **By Julie Stewart**

Stuck, clogged, stopped up. You get the picture—and for more than 40 million American adults, this portrait of constipation is a regular (er, *irregular*) phenomenon. Everybody has a different “normal,” but here are two widely accepted principles of poop: If you use the john less than three times a week or strain to pass hard lumps, you’re probably constipated. And it’s not just a pain in the belly; one study linked having severe, chronic constipation with up to a 59 percent increased risk of colorectal cancer compared to nonsufferers. Use these strategies to add some *go* to your go.

Eat the Right Fiber It may not be the most groundbreaking recommendation, but some fibers do the job better than others, according to a review of studies published in the *Journal of the Academy of Nutrition and Dietetics*. First there’s insoluble fiber. This type doesn’t break down in your gut—and its particles (especially large, coarse ones: think wheat bran) stimulate the walls of your large intestine, causing it to secrete water, which helps keep things moving. Good sources of this fiber include whole grains, legumes and veggies. The other kind of fiber, soluble fiber, is digested by the beneficial bacteria in your gut. It’s good for your microbiome and healthy for other reasons, but not super-useful to avoid constipation. The exception to this is psyllium, a naturally derived soluble fiber available in supplements that remains intact through the large intestine. Plus, it absorbs water, making stools soft and bulky, rather than hard or dense. In general, aim to work your way up to 25 grams (women) or 38 grams (men) of total fiber daily.

Get Your Butt In Gear A Swedish study of women with gastrointestinal issues, including constipation, found that those who got an extra two hours of exercise a week reported improvements in their overall bowel habits. The GI tract is a muscle, and like any muscle, it can weaken if you’re not using it frequently. Researchers aren’t entirely sure how exercise strengthens this area, but physical activity does help tone up other muscles—like your abs—that your body uses for bowel movements. And no need for fancy workout classes. Walking was the most common activity in the study.

Munch on a Mango People who ate about one of these tropical fruits daily for a month had more frequent BMs, and stools that were easier to pass, than those who ate just the fiber equivalent

from a supplement (mango’s fiber is 60 percent insoluble and 40 percent soluble), according to Texas A&M University researchers. This suggests there’s more than just the roughage at play. The researchers believe the polyphenols in mango help reduce gut inflammation that can make pooping more difficult. Other fruits—including apples, figs and grapes—also have these beneficial compounds.

Strike a New Pose How you sit on the toilet matters, so consider tweaking your technique. Research from Cleveland Clinic Florida showed that people with constipation benefited from assuming “The Thinker” posture (named for the famous Auguste Rodin sculpture) on the toilet: leaning forward, with elbows resting on your knees. This aligns the rectum at an optimal angle. You can also achieve this posture by using a footstool (like the Squatty Potty) to lift your knees.

Try Acupuncture In a study from China, people who received four weekly acupuncture sessions for a month had more regular bowel movements. The researchers say it’s possible that acupuncture helps your mind—and in turn your GI tract—relax, important because stress can trigger bowel troubles. There may even be a helpful placebo effect, says Braden Kuo, M.D., a gastroenterologist at Massachusetts General Hospital: “There is an impact of mind over body—that if you believe it’s going to work then it does—that can improve not only perception of constipation but possibly even bowel function.”

Caffeinate Your morning java jolt doesn’t just wake up your brain, it may also wake *everything* up, including your colon, says Kuo. Caffeine perks up neurons in the brain and gut, and even stimulates contractions of the muscles in the GI tract. Another reason for coffee’s magic may be the habit itself. Whether the first thing you consume in the a.m. is a cup of joe, a smoothie or some other breakfast, it’s normal to have a bowel movement shortly afterward, thanks to the gastrocolic reflex—a built-in reaction that starts a series of tummy movements when you ingest any kind of food or beverage. And it tends to be especially strong with the first morning meal.



The Body-Fat Factor

Everything you need to know about what it is, how it impacts your health and what to do about it **By Cindy Kuzma**

The number on the scale doesn't define you. And it might not even tell you that much about your health, either. What may be more important: body-fat percentage. For years, doctors have used body mass index, or BMI, to assess your risk for obesity-related conditions, like heart disease and diabetes. It measures size based on height and weight. Body fat, on the other hand, is quantified as a percentage of your total weight. And lately, researchers have begun to notice that this number tracks more closely with your odds of developing these health problems than BMI does (*see below*). That's because body fat, or adipose tissue, does more than just sit on your frame. It actually generates inflammatory hormones and proteins in your body, which in turn can cause a host of health issues, according to obesity researcher Donna Ryan, M.D., professor emerita at Louisiana State University's Pennington Biomedical Research Center.

Where it accumulates influences health too. Body fat stored in the midsection around your internal organs, called visceral fat, generates more harmful inflammatory compounds compared to adipose tissue in other areas, like the hips and thighs. (Fortunately, where fat settles is also where it comes off first.)

And there's another reason body fat may be a more useful measure of health than overall weight. While BMI is supposed to also estimate body fat, it has a serious shortcoming: it doesn't distinguish between adipose tissue (which is relatively light)

and other (naturally weightier) body parts, like your muscles, bones and organs. This means it's possible to have a healthy BMI (defined as a score of 18.5 to 24.9 kg/m²) but a too-high percentage of body fat. In fact, 64 percent of people with normal BMIs have unhealthy levels of adipose tissue, commonly defined as 25 percent or more of total body weight for men and 35 percent or higher for women. The opposite is also true (though less common): you can have a lot of lean muscle and low fat stores but technically register as having an unhealthy BMI. Turn the page to find out how to measure your percentage and what to do if it's too high.



Even if you have a healthy BMI, too much body fat can up your risk for:



High blood sugar.

In a University of Florida study, people with normal BMIs but unhealthy body-fat percentages were more likely to have pre-diabetes or undiagnosed type 2 diabetes compared to overweight participants with less adipose tissue. That's because fat releases inflammatory proteins called cytokines, which interfere with your body's ability to use insulin, the blood sugar-regulating hormone.



Fuzzy thinking.

Those cytokines may impair brain function, too, by causing inflammation that decreases blood flow to your gray matter. In a study in the *British Journal of Nutrition*, having a larger waist-to-hip ratio—a measurement that indicates unhealthy amounts of visceral fat—correlated with a greater risk of poor mental sharpness in older adults. BMI, meanwhile, wasn't able to predict this cognitive decline.



Heart disease.

Mayo Clinic researchers found that, in people with heart disease, those with the highest body fat (more than 37 and 49 percent for men and women) had double the risk of having a stroke or heart attack. And even if you don't have heart disease, greater body-fat percentages are associated with higher blood pressure and triglycerides, and lower ("good") HDL cholesterol, according to a study published in the journal *Circulation*.



Aching joints.

Yes, being overweight in general puts excess strain on places like your knees and hips, increasing the risk of osteoarthritis, but it's not the only factor. Normal-weight people with a higher body-fat percentage had about two and a half times the risk of developing arthritis than those with less, a University of Calgary study found. Why? You guessed it. Those darn inflammatory chemicals, which can degrade joint-cushioning cartilage.

Turn the page to start burning body fat.

The Best Ways to Burn Body Fat

If you're wondering how much adipose tissue you have, one of the simplest ways to find out is to measure your waist at navel height, says Donna Ryan, M.D. We're not about to start comparing bodies to apples or pears (fruit should be delicious, not demeaning), but know that measures of 35 inches or less for women and 40 inches or less for men are associated with healthy levels of body fat. (Many gyms and physicians' offices also have scales and other equipment that can gauge your body-fat percentage. Experts don't recommend going by a home scale because they can be wildly inaccurate.) If your percentage turns out to be too high, know that research shows that losing even an inch or two from your middle may help lower the inflammation that spurs on disease. Here, three proven ways of getting excess body fat off your frame.



Pump Some Iron. Next time you work out, don't just spend all your time on the treadmill—wander over to the weights. Brazilian researchers found that women who lifted and did cardio lost twice as much abdominal fat (the kind that tends to be more pro-inflammatory) after 16 weeks compared to those who did just aerobic exercise. Aim to strength train twice a week.



Move More, Period. Not a fan of strength training? That's OK. Any activity increase helps. A study published in the journal *BMJ Open* found that among people with the same BMI, active people had about 2 percent less body fat than couch potatoes—the difference between healthy or unhealthy levels. This study looked at total daily activity, not just gym time, so even things like taking stairs instead of the elevator count.



Go Mediterranean. Women who ate a Mediterranean diet—rich in fruits, veggies, whole grains, fish, legumes and unsaturated fats like olive oil—had waists that were nearly an inch and a half smaller compared to those who followed more of a standard American way of eating (think more red and processed meat and less produce, fish, nuts and whole grains) according to a study published in the *European Journal of Clinical Nutrition*. This is about a 4-pound difference in body fat. The fiber in those fruits and veggies feeds your microbiome, which sets off a fat-zapping chain of events: gut bacteria turn fiber into short-chain fatty acids, which activate enzymes that kick up your metabolism and put your body into fat-burning mode. Plus, this diet is anti-inflammatory, which can help protect against the negative impacts of higher body fat.

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The Anti-Fat Fat

Most adipose tissue is white, globby and home to lots of calories. But tucked up near your neck and shoulders, you also have about a quarter-pound or so of a darker type called brown fat. Unlike its cousin, this tissue *burns* calories (namely sugar and fat) to warm your body when it's cold. As a result, blood sugar drops and your stores of inflammatory visceral fat shrink, as does your overall body-fat percentage.

"Scientists are still unlocking brown fat's secrets, but we do know that leaner people often possess more than those who are obese, suggesting that it also plays a role in controlling body weight," says Labros Sidossis, Ph.D., distinguished professor and chair of kinesiology and health at Rutgers University. So can you up your allotted amount—which is largely genetic? It's not yet clear. However, Sidossis and others have

found that in mice and humans under extreme environmental stress (think freezing-cold temps or burn victims), white fat can turn beige and temporarily serve the role of brown fat. Researchers are hoping to learn how to trigger this transformation of fat from harmful to helpful (minus the trauma!).

In the meantime, you can make the most of what you do have by keeping your home a few degrees cooler—say, 69 or 70 degrees—which can initiate the biological stress response that activates brown fat. Or try sprinkling a little cayenne pepper on your food. New, preliminary research published in the *Journal of Nutritional Biochemistry* found that combined with cold temps, the fiery compounds in the spice can activate the same stress reaction and fire up your brown fat. 🍵

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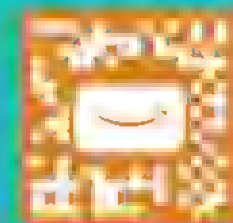
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Wake Up to Oats

Overnight oats are a weekday warrior: the breakfast that's ready when you are. Whether you like 'em sweet or savory, turn to page 59 for 7 must-try combos to make mornings mouthwatering.
By Joyce Hendley

yesterday
was
ARM DAY
AND TODAY
you're
feeling
it!
Raising
your
hand in
that MEETING
is JUST a little
bit HARDER. you
have to PROP
your ARM UP to
HAIL A CAB
your HAIR
WEIGHS an EXTRA
TELLING you that
WORKING
is
SPECIAL

BUT THAT'S JUST YOUR BODY
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HERE'S to FOOD that POWERS your MUSCLES
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ALL YOU HAVE TO DO IS LIFT A SPOON





1 The Millennial

Combine oats with $\frac{3}{4}$ cup water. Refrigerate. Stir in chopped onion to taste, heat and arrange in a bowl with sliced avocado and cherry tomatoes. Top with a fried egg and a drizzle of Sriracha. **CAL 318**

The Overnight Formula

For 1 serving: Combine $\frac{1}{2}$ cup old-fashioned oats and a pinch of salt with $\frac{3}{4}$ cup liquid—any kind of milk, water or even coffee. If you like your oats thick, stir in chia seeds, reduce the liquid or swap in yogurt or ricotta for some of the liquid. Layer on or mix in add-ins. Cover and refrigerate overnight (at least 8 hours). Stir, heat through and top, if desired. (Photo, page 57; clockwise from back right):

2 The Elvir

Combine oats with $\frac{3}{4}$ cup almond milk, 1 Tbsp. peanut butter and $\frac{1}{2}$ sliced banana. Refrigerate. Top with crumbled bacon. **CAL 358**

3 Pumpkin Cheesecake

Combine oats with $\frac{1}{2}$ cup almond milk, $\frac{1}{4}$ cup ricotta and 2 Tbsp. pumpkin puree; stir in 1 Tbsp. maple syrup and $\frac{1}{4}$ tsp. vanilla. Sprinkle with nutmeg. Refrigerate. Top with graham cracker crumbs. **CAL 344**

4 Tropical

Combine oats with $\frac{3}{4}$ cup unsweetened coconut milk beverage, $\frac{1}{4}$ cup chopped pineapple, 1 Tbsp. chopped dried mango and $1\frac{1}{2}$ tsp. each chia seeds and shredded coconut. Refrigerate. **CAL 281**

5 Thai Peanut

Combine oats with $\frac{1}{2}$ cup coconut milk beverage, 1 Tbsp. peanut butter, $\frac{1}{2}$ tsp. curry powder and a splash of tamari. Refrigerate. Top with chopped cooked greens, tomatoes and cilantro. **CAL 297**

6 Mocha

Combine oats with $\frac{1}{2}$ cup milk, $\frac{1}{4}$ cup cooled coffee, 1 Tbsp. maple syrup, $1\frac{1}{2}$ tsp. each chia seeds and cocoa powder, and $\frac{1}{4}$ tsp. vanilla. Refrigerate. Top with chopped walnuts and cacao nibs. **CAL 379**

7 Cheddar-Scallion Black Bean

Combine oats with $\frac{1}{2}$ cup milk, $\frac{1}{4}$ cup plain Greek yogurt, 2 Tbsp. each canned seasoned black beans and shredded Cheddar cheese and 1 minced scallion. Refrigerate. Top with chopped cilantro. **CAL 331**

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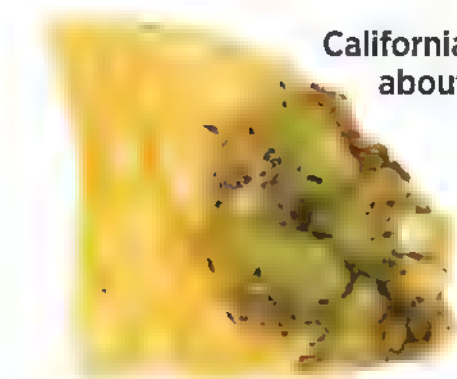
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Super-Cali-Fruit-a-licious

California produces over two-thirds of the nation's fruits (and nuts)—so how about celebrating them in these super-fast snacks. By Joyce Hendley



Kiwi Salsa & Chips

Stir equal parts chopped kiwi and your favorite tomatillo salsa together for a tangy, fruity flavor burst—plus vitamin C and fiber. Serve with tortilla chips or whole-grain crispbreads.

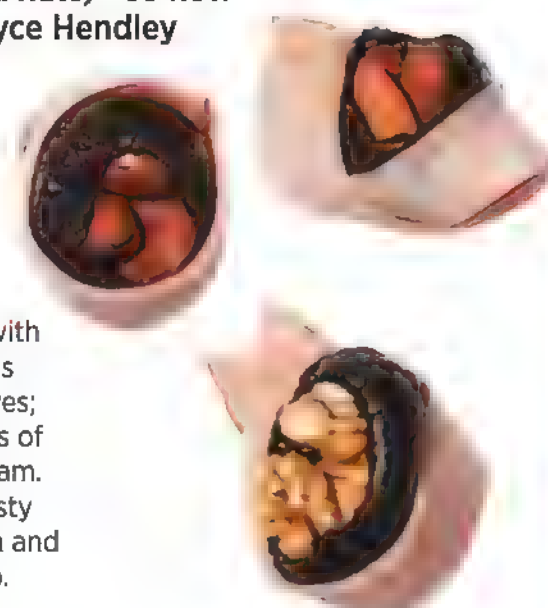
Cali-Fruit Energy Bites

Pulse equal parts dried figs and dried apricots in a food processor with half as many chopped almonds until finely chopped. Roll into balls and dredge in shredded coconut. Each morsel is a fiber-packed energy boost, with plenty of magnesium too!



Dried Plum Poppers

Stuff prunes with whole almonds or walnut halves; roll up in strips of thinly sliced ham. You'll get a tasty pop of protein and potassium too.



Quick Creamy Tomato Cup-of-Soup

Whisk pureed tomatoes, a little chicken broth and a few chunks of reduced-fat cream cheese in a large heatproof mug. Microwave, stirring occasionally, until heated through and creamy.



Mini Avocado Toasts

For a delicious double dose of heart-healthy fats, top whole-grain crackers with sliced ripe avocado and sprinkle with sliced olives and chopped tomatoes.



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Plums & Prunes
Pomegranates
Raspberries
Strawberries
Tomatoes





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MIX IT UP.**



Fast Faves

These California-born restaurant chains have spread across the country, becoming national favorites. With a few wise menu picks, finding something healthy and tasty at each is possible. Here, our top choices.* By Joyce Hendley



California Pizza Kitchen 430 CAL

Half Roasted Veggie Salad + Grilled Shrimp

With 18 grams of protein and 10 grams of fiber, this big veggie-packed salad topped with a pile of lean seafood hits the spot. Swapping oil and vinegar for the house dressing lowers the sodium tab to 670 mg.



Panda Express 440 CAL

Broccoli Beef + Mixed Vegetables Panda Plate with Brown Rice

Hungry? A Panda Plate satisfies, with two entrees plus a side. For entree one, you can't beat this beefalicious, lowest sat-fat choice from the Wok Smart menu. Make the other entree a heaping helping of colorful vegetables, and ask for a half-size side of brown rice. You'll be digging into 18 grams of protein and 9 grams fiber (but sadly, 1,070 mg sodium).



Carl's Jr. 415 CAL

Low-Carb-It Charbroiled Chicken Club (hold the bacon) + Side Salad with Balsamic Vinaigrette

Just ask to "low-carb-it" and your patty comes wrapped in a lettuce leaf. Ask for more tomato instead of the bacon, and you end up with a very doable 8 g sat fat. Top the side salad with vinaigrette for a sprightly flavor punch.



Taco Bell 480 CAL

Veggie Power Menu Bowl, customized with Seasoned Rice, Extra Black Beans, Guacamole, Pico de Gallo Salsa, Lettuce and Onions

Surprise! With its ample meatless menu, vegetarians love the Bell as much as Mountain Dew-guzzling bros. By going for guac instead of sour cream and cheeses, this veg-packed, tasty bowl keeps sat-fat down (1.5 grams) and fiber up (18 grams), while still packing plenty of protein (14 grams).

**Availability and nutrition may vary according to location.*



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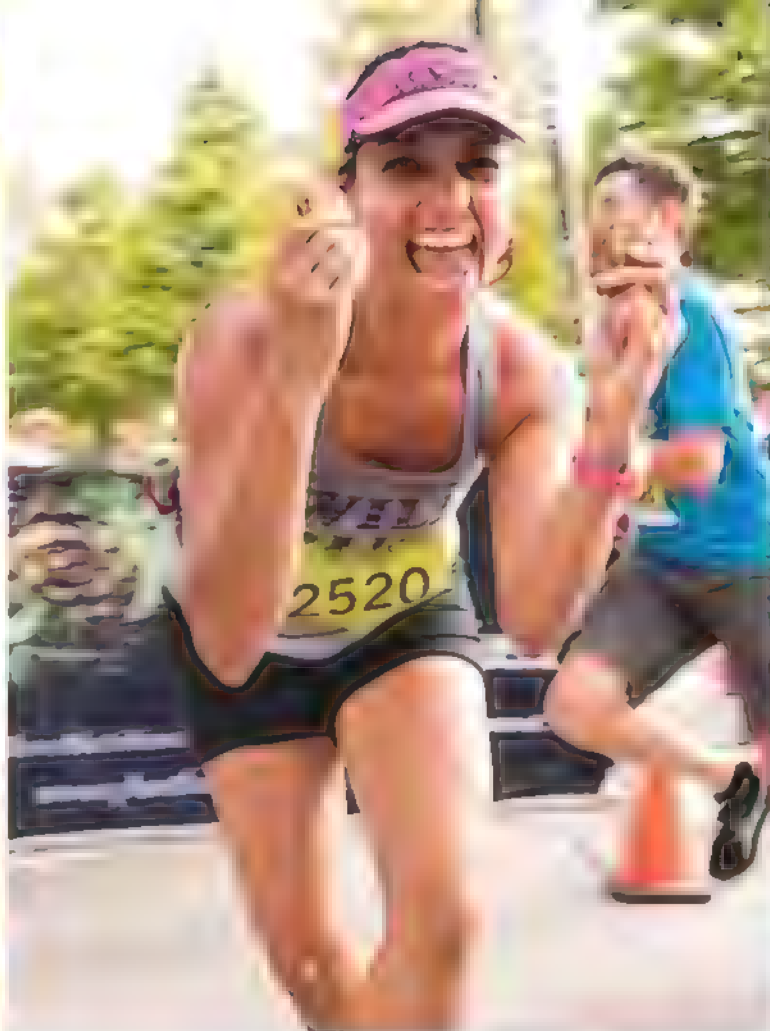
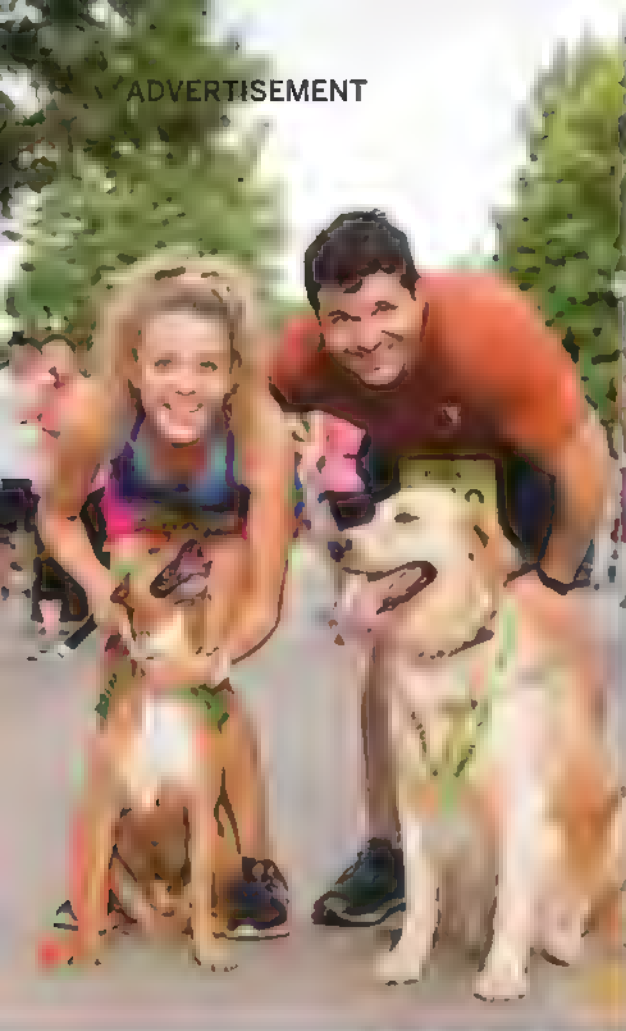


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The California Issue

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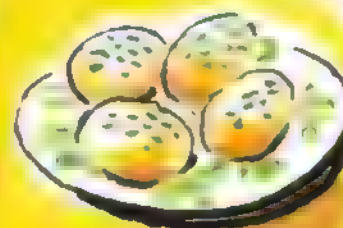
hy devote
an entire issue
to California?

Well, not to play favorites, but if there's one state that embodies the *EatingWell* ethos, it's the Golden State. California is, after all, the **agricultural epicenter of America**. As you'll read starting on page 96, it's home to 76,700 farms that grow far more produce than any other state—including more than a third of the country's vegetables and two-thirds of our fruits and nuts. (Speaking of, check out our **homage to the avocado**—and its meteoric rise to superstar status, page 82. Our morning toast wouldn't be the same without you, avo.) California is also—and has always been—about good, healthy food. It's the birthplace of **farm-to-table eating** (thanks, Alice Waters et al.), a movement from way back in the 1970s that embodies the way Americans want to eat today—fresh, local, in-season—and is being celebrated in new ways by chefs like Vivian Ku, who you'll read about on page 88. She's taking farm-to-table in a thoroughly modern and thoroughly Cali direction. But our 31st state isn't all about farm-fresh. It's also given us **Italian-American cuisine** (page 74), juice bars, taco trucks and sushi. Plus, the scenery isn't too shabby, either—from the mountains and vineyards to its 3,427 miles' worth of sand, sea and sunshine. Snag your plane tickets. We'll tell you exactly **where to go** (page 66) to get your own taste of California.

• San Francisco



• Los Angeles



• San Diego



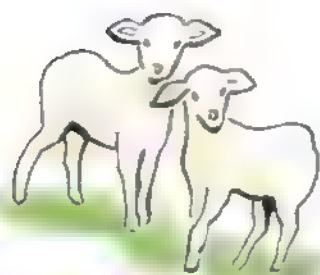
A Room with a Farm

By Betsy Andrews

Food photography
by Eric Wolfinger

Illustrations by
Sarah McMenemy

All that land and sunshine aren't for nothing: California is a hotbed for farms, farmers and "farm stays"—the popular overnights offered by scores of small producers. Take your pick from wine-country vineyards, coastal ranches or Southern California orchards. And whether you decide to pitch in with morning chores or set out on local adventures, this is for sure: you'll eat really well. Here, five farm stays we're dying to book ourselves, plus recipes from each to whet your appetite.



Highland Springs Ranch

Situated on 2,400 sprawling acres about 80 miles east of downtown Los Angeles, this former stagecoach stop and area landmark is now home to an organic farm, restaurant and inn. Plan your stay to coincide with the springtime lavender festival held on the ranch's 123 Farm. Attendees can take in the sweet scents and colorful sights (the farm grows more than 90 varieties of the herb) by horse-drawn hay wagon. Then learn about lavender from seed to harvest while enjoying lavender-inspired-everything from drinks to desserts. The ranch restaurant is also known for its special holiday meals,

like the lavish Easter buffet it puts on. Or book your visit during one of their many weekend workshops: learn how to blend aromatic bath salts, bake sourdough bread or paint en plein air in the ranch's olive grove. When you're worn out from all the hands-on activity, sit and commune with the ranch's 1,100-year-old live oak tree. Or get an aromatherapy massage featuring the farm's lavender essential oil. Highland Springs also raises sheep, dairy cows, chickens, pigs and a llama you can visit. All rooms in the Mission-style inn come with a breakfast spread. hsresort.com; \$89–\$139



Lavender-infused specialties like this cheesecake—adapted from ranch pastry chef Kristina Dula—are part of the lavender celebration at Highland Springs Ranch in May and June.

Lavender
Cheesecake
(p.72)

Beltane Ranch

Established in 1892, this historic ranch in Glen Ellen is an hour's drive from San Francisco in the Sonoma Valley. Watch the fog lift off the ranch's certified-sustainable vineyards in the morning. Then enjoy a breakfast of pancakes or eggs Benedict on the veranda or from the garden of your gracious room in the New Orleans-style farmhouse. Perhaps the best time to stay at the ranch, which has been owned by one family since the 1930s, is during one of the scheduled harvest dinners. Enjoy flame-grilled cowboy steaks or paella, served along with seasonal veggies from the ranch garden (scenic setting, *below*, included). During the day, volunteer alongside ranch hands for the wine or olive harvests, trek through the native oak forest and grasslands or play tennis or horseshoes. Or just settle down for a picnic before setting out for a day of wine tasting, starting with a glass of the ranch's estate zinfandel, then sipping your way through other nearby vineyards. beltaneranch.com; \$205-\$615



Beltane Ranch chef Greg Markey says this hearty salad is inspired by the best of the ranch garden. He recommends pairing it with their Drummond Block sauvignon blanc.



Roasted Butternut Squash & Pear Salad with Quinoa (p.72)

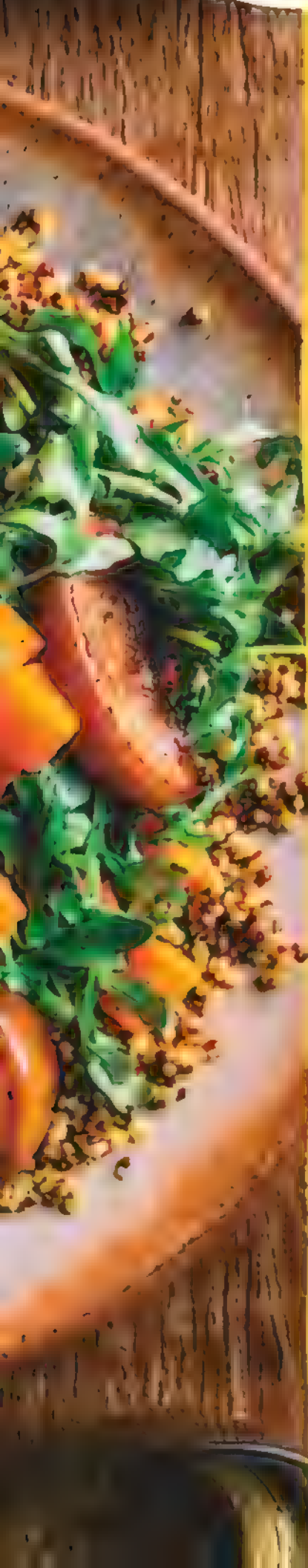


Morning Song Farm



Just an hour north of downtown San Diego and half an hour from the beach, this farm in Fallbrook is home to 20 acres of bright orchards bursting with unusual subtropical fruit. Explore the Pakistani mulberries, macadamias, sweet lemons, dragon fruit and Mandarin oranges (*above*), which thrive in soils fertilized by Nigerian goats, chickens and alpacas. If you're so inclined, you can help hand-feed the animals. Or sign up for a class with owners Donna Buono and Lance Yhost, who teach guests how to

make farmstead cheese and hand-cranked ice cream from goat's milk. Relax afterward in the private hot tub of your bungalow or luxury safari tent, complete with a fridge stocked with breakfast supplies from the farm (cook your own at your leisure). Game for an off-farm adventure? Buono can direct you to local wineries, hot-air ballooning, horseback riding or exploring in the Santa Margarita County Preserve, a 221-acre river corridor with hiking and mountain-biking trails. morningsongfarm.com; \$145–\$217



Kumquat Margaritas
(p. 73)

Donna Buono ships the kumquats she grows to organic fruit purveyors around the country. In her kitchen, she frequently cooks them into a reduction to mix into margaritas or drizzle over crepes or pound cake.



Anchor Bay
Mussels with
Tomatoes & Feta
(p.73)

Stay at Mar Vista Cottages, and you can wander down to the shore to collect mussels to cook for dinner. This recipe is adapted from longtime guests Susan and Harry Squires.



Mar Vista Cottages



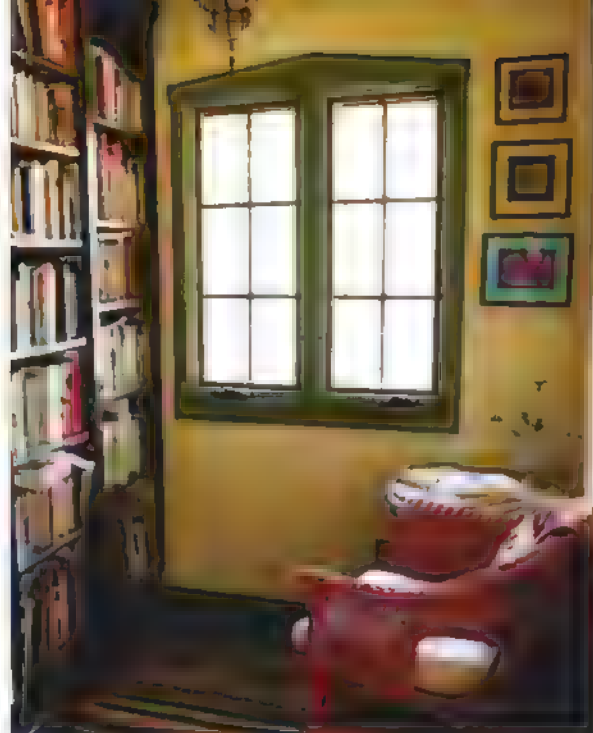
Renata and Tom Dorn welcome you to one of their 12 country-chic cottages (left) on the Mendocino coast. Pick your own produce from their sprawling gardens, then shop for local halibut or oysters hawked by the small fishing boats in Point Arena harbor and at the excellent Surf Market in downtown Gualala. Dinner is DIY, so prepare it to your liking in your cottage kitchen or on the wood-fired brick outdoor grill. In the morning before heading out for local

excursions, make yourself eggs, courtesy of Mar Vista's 140 hens from a dozen heritage breeds. You can even help gather eggs from the coop nestled among apple, pear and plum orchards (the birds nibble the bugs that would eat the fruit). Popular day trips include canoeing the Gualala River, beer tasting at Anderson Valley Brewing Co. or hiking the Stornetta Public Lands cliffsides to the historic Point Arena lighthouse. marvistamendocino.com; \$195–\$320



Rinconada Dairy

Roam the sprawling pastures along with East Friesian-Lacaune sheep, Nubian goats, Duroc pigs and Cornish Cross chickens at this Santa Margarita farm—a two-hour drive north from Santa Barbara. There are only a couple of accommodations here, but they're charming as can be. Stay in the exclusive guest room at proprietors Christine and Jim Maguire's colorful hacienda (reading nook, *above*), and they'll treat you to a meal of fresh eggs and bacon from their acorn-finished pigs. Or book the apartment tucked upstairs inside the barn, and your fridge will be stocked so you can cook your own breakfast. If you're game, you can help the Maguires milk and feed the



animals or gather apples, pomegranates and quince from their orchards. Afterward, hike to Santa Margarita Lake, popular for boating and fishing largemouth bass. When you're ready to venture further, there's plenty to do nearby: check out otters and elephant seals along the coast; taste at Paso Robles wineries; or grab a burger at Pozo Saloon, a former Pony Express stop. rinconadadairy.com; \$175–\$225

This fluffy baked pancake, called a Dutch baby, is a favorite of guests at Rinconada Dairy. Owner Christine Maguire makes it with apples she picks from trees on the property.



Apple Pancake
(p. 73)

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Lavender Cheesecake

ACTIVE: 40 min **TOTAL:** 6¼ hrs (including 4 hours chilling time)

TO MAKE AHEAD: Refrigerate for up to 3 days.

EQUIPMENT: Parchment paper, 9-inch springform pan, heavy-duty foil

Baking homemade graham crackers for the crust makes this luscious cheesecake extra-special. (Photo: page 67.)

CRUST

- 6 tablespoons unsalted butter, softened
- 2 tablespoons light brown sugar
- 2 tablespoons granulated sugar
- 2 tablespoons honey
- ¼ teaspoon vanilla extract
- 1¼ cups whole-wheat flour
- ¼ teaspoon salt
- 1½ tablespoons canola or light olive oil

FILLING

- 3 8-ounce packages reduced-fat cream cheese, at room temperature
- ⅔ cup granulated sugar
- 1 tablespoon ground lavender
- ¼ teaspoon salt
- 4 large eggs, at room temperature
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

1. **To prepare crust:** Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Combine butter, brown sugar and 2 tablespoons granulated sugar in the bowl of a stand mixer. Beat with the paddle attachment until smooth. Add honey and ¼ teaspoon vanilla; mix until combined. Add flour and ¼ teaspoon salt; mix until combined. Form the dough into quarter-size chunks, about ½-inch thick, on the prepared pan. Bake until golden brown and firm around the edges, about 20 minutes.
3. Transfer the crust pieces on the parchment to a wire rack and cool for 30 minutes. Pulse in a food processor until finely ground.
4. Coat a 9-inch springform pan with cooking spray. Mix the crust crumbs with oil in a medium bowl; press into the bottom and about 1½ inches up the sides of the prepared pan. Bake until set, about 8 minutes. Let cool on a wire rack.

5. Meanwhile, to prepare filling: Put a kettle of water on to boil for the water bath. Combine cream cheese, sugar, lavender and salt in the stand mixer bowl. Beat with the paddle attachment until smooth and fluffy, scraping down the sides as needed. Add eggs, one at a time, mixing and scraping the bowl after each addition. Add lemon juice and vanilla; mix until combined.

6. Tightly wrap the outside of the pan, bottom and sides, with heavy-duty foil. Pour the filling into the crust. Place the springform pan in a roasting pan and pour in enough boiling water to come 1 inch up the side of the springform pan to create a hot water bath. Carefully transfer the roasting pan to the center of the oven. Bake until the cheesecake is set around the edges but

the center still jiggles slightly, 1 to 1¼ hours.

7. Let the cheesecake cool in the water bath on a wire rack until the water is room temperature, about 1 hour. Remove the pan from the water and remove the foil. Refrigerate, uncovered, until very cold, at least 4 hours.

SERVES 12: 1 slice each

CAL 356 / **FAT** 23G (SAT 12G) / **CHOL** 125MG / **CARBS** 31G / **TOTAL SUGARS** 20G (ADDED 18G) / **PROTEIN** 8G / **FIBER** 1G / **SODIUM** 287MG / **POTASSIUM** 77MG

Roasted Butternut Squash & Pear Salad with Quinoa

ACTIVE: 55 min **TOTAL:** 55 min

TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 1 day.

Serve this alongside a roast chicken, then mix the leftovers together for a lunch. Your future self will thank you. (Photo: page 68.)

- 3 cups diced peeled butternut squash (½-inch pieces)
- 5 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- ¼ teaspoon crushed red pepper
- 1 firm ripe pear, sliced into 8 wedges
- 2 teaspoons finely chopped fresh ginger
- 1 clove garlic, finely chopped
- ¼ teaspoon ground turmeric
- ½ cup quinoa
- 1 cup no-chicken or vegetable broth
- 1 scallion, sliced
- 3 tablespoons pear or cider vinegar
- 2 teaspoons minced red onion
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped fresh rosemary
- Minced fresh red chile to taste
- 2 cups baby arugula

1. Preheat oven to 400°F.
2. Toss squash in a large bowl with 1 tablespoon oil, ¼ teaspoon each salt and pepper and crushed red pepper. Spread on a large rimmed baking sheet. Roast for 15 minutes. Stir the squash, add pear and roast until browned and tender, about 15 minutes more.
3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat and add ginger, garlic and turmeric; cook until sizzling, about 1 minute. Add quinoa and cook, stirring, for 30 seconds. Add broth and bring to a boil over high heat. Reduce heat to a simmer, cover and cook until the broth is absorbed, about 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Stir in scallion and the remaining ¼ teaspoon each salt and pepper and let cool.
4. Whisk vinegar, onion, mustard, rosemary and chile in a large bowl. Slowly whisk in the remaining 3 tablespoons oil. Stir half the dressing into the quinoa. Add the pears and squash to the bowl with the remaining dressing; gently stir to coat. Let stand, stirring occasionally, for 15 minutes or

refrigerate separately for up to 1 day.

5. Fold arugula into the squash and pears and serve over the quinoa.

SERVES 6: 1 cup each

CAL 210 / FAT 13G (SAT 2G) / CHOL 0MG / CARBS 22G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 3G / FIBER 4G / SODIUM 309MG / POTASSIUM 313MG.

Kumquat Margaritas

ACTIVE: 10 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Refrigerate kumquat reduction (Step 1) for up to 3 days.

Kumquats are bite-size citrus fruit that you can eat whole, including the skins and seeds. They're in season from November through March. (Photo: page 69.)

- 8 ounces kumquats**
- 1¼ cups water**
- ¼ cup sugar**
- ¾ cup tequila**
- ½ cup lime juice**
- ¼ cup Grand Marnier**

1. Combine kumquats and water in a blender and puree until mostly smooth. Pour the mixture through a fine-mesh sieve into a medium saucepan, pressing on the solids to extract as much liquid as possible. Add sugar and bring to a boil over high heat. Reduce heat to a simmer and cook, stirring occasionally, until thick and syrupy, 20 to 25 minutes. Let cool to room temperature, about 15 minutes, then refrigerate until cold, about 1 hour.

2. Mix tequila, lime juice and Grand Marnier with ½ cup of the kumquat reduction. Serve over ice in salt-rimmed glasses, if desired.

SERVES 3: about ⅔ cup each

CAL 207 / FAT 0G (SAT 0G) / CHOL 0MG / CARBS 14G / TOTAL SUGARS 11G (ADDED 10G) / PROTEIN 0G / FIBER 0G / SODIUM 3MG / POTASSIUM 66MG

Anchor Bay Mussels with Tomatoes & Feta

ACTIVE: 20 min **TOTAL:** 40 min

Give your mussels a rinse under cold running water and use a brush to remove any barnacles or grit from the shell. Discard mussels with broken shells or those whose shells remain open after you tap them lightly. Pull off any fibrous "beard" that may be pinched between the shells. (Photo: page 70.)

- 2 tablespoons extra-virgin olive oil**
- ¾ cup diced green bell pepper**
- ½ cup diced yellow onion**
- 2 cloves garlic, sliced**
- 1 15-ounce can no-salt-added fire-roasted diced tomatoes, drained**
- ½ cup dry white wine**
- 2 teaspoons red-wine vinegar**
- 1 teaspoon chopped fresh oregano**
- ½ teaspoon ground pepper**
- 2 pounds mussels, scrubbed and debearded**
- ¼ cup crumbled feta cheese**
- 1 tablespoon chopped flat-leaf parsley**

1. Heat oil in a large pot over medium heat. Add bell pepper, onion and garlic; reduce heat to medium-low and cook, stirring occasionally, until soft, about 10 minutes. Increase heat to high. Add tomatoes, wine, vinegar, oregano and pepper. Bring to a boil, then reduce heat to a simmer. Cook, stirring occasionally, until thick, about 10 minutes.

2. Add mussels; cover and steam over high heat, occasionally giving the pan a shake, until all the mussels have opened, 4 to 5 minutes. (Discard any that do not open.) Transfer the mussels and sauce to a serving bowl. Serve topped with feta and parsley.

SERVES 2: 3 oz. mussels & 1 cup sauce each

CAL 396 / FAT 21G (SAT 5G) / CHOL 52MG / CARBS 19G / TOTAL SUGARS 7G (ADDED 0G) / PROTEIN 20G / FIBER 3G / SODIUM 443MG / POTASSIUM 376MG

Apple Pancake

ACTIVE: 15 min **TOTAL:** 35 min

To switch things up, try this puffy baked pancake with pear slices instead of apple and cardamom or ginger in place of the cinnamon. (Photo: page 71.)

- 4 tablespoons (½ stick) unsalted butter**
- 4 large eggs**
- 1 cup whole milk**
- 1 teaspoon vanilla extract**
- ½ cup whole-wheat pastry flour**
- 1 tablespoon granulated sugar plus ¼ cup, divided**
- ½ teaspoon baking powder**
- ½ teaspoon ground nutmeg, divided**
- Pinch of salt**
- ½ teaspoon ground cinnamon**
- 2 cups sliced apple (about 1 large)**
- Confectioners' sugar for garnish**

1. Preheat oven to 425°F.

2. Melt butter in a medium cast-iron skillet over medium heat. Remove from heat. Transfer 2 tablespoons of the melted butter to a blender. Add eggs, milk and vanilla; blend until very smooth, about 30 seconds. Add flour, 1 tablespoon granulated sugar, baking powder, ¼ teaspoon nutmeg and salt; pulse until very smooth, scraping down the sides as necessary.

3. Combine the remaining ¼ cup granulated sugar, ¼ teaspoon nutmeg and cinnamon in a small bowl. Brush the remaining butter over the bottom and up the sides of the pan. Return to medium heat. Sprinkle the sugar mixture into the pan and arrange apple slices on top. Cook, undisturbed, until bubbling, 1 to 2 minutes. Pour the batter over the apple slices.

4. Transfer the pan to the oven and bake for 15 minutes. Reduce temperature to 375° and bake until golden and the center is firm, 5 to 10 minutes more. Sift confectioners' sugar over the top before serving, if desired.

SERVES 4: ¼ pancake each

CAL 355 / FAT 19G (SAT 10G) / CHOL 223MG / CARBS 37G / TOTAL SUGARS 24G (ADDED 16G) / PROTEIN 10G / FIBER 3G / SODIUM 197MG / POTASSIUM 205MG.

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Of Love & Linguine

In Lake County, a feast cooked al fresco
brings generations together year after year

By Betsy Andrews

Location photography
by Marc Olivier LeBlanc

Food photography by
Eric Wolfinger

Food styling by
Abby Stolfo



“Did you tell her about the butter? Tell her about the butter. Did you tell her about the porcini?” A burly, bespectacled cook with the singsong name of Tommy Tommasi stands beside a bubbling stockpot in the chockablock outdoor kitchen at Biggi’s Family Club, harassing his lifelong pal Frank Brunamonti, who is doing his damndest to verbalize a recipe that lives so deeply inside him that it’s difficult to put into words. Together, Tommy and Frank make this sauce like they’re breathing, like they’re waking up in the morning. The rich, tomato gravy is loaded with pork, beef and veal and amplified by dried mushrooms. Don’t forget the butter. The recipe comes from a guy named Folena who worked at the Port of Oakland with the legendary Giulio Biggi. “A big guy, a huge guy,” says Tommy, Folena taught Frank and Tommy how to cook the sauce almost against their will when they were teens.

Back then, Biggi’s Family Club was a summer resort, built from 1950 to 1960 as a “one-man job,” a phrase etched into the concrete grotto, by Giulio Biggi himself. With discarded materials the Oakland garbageman scavenged, along with planks he milled from trees on the property, Biggi constructed 19 rental cottages, with an indoor-outdoor dance hall and a gnome-draped fountain, in Lake County, California, 100 miles north of San Francisco.

Biggi had no problem filling those cottages. He was part of a community of Italians who had immigrated to the Bay Area, first drawn by the Gold Rush and the early wine industry. Later the Genovese came to fish Pacific waters, establishing San





Everyone pitches in to make the dinners at Biggi's a success. Lorena Mengotti Gies (*above left*) has been coming to the resort since she was 7 years old. She takes reservations (find out when the dinners are at [facebook.com/BiggisFamilyClub](https://www.facebook.com/BiggisFamilyClub)), manages the seating chart and oversees the waitstaff. Jim Glover (*far right*) and his wife, Linda, are two of Biggi's biggest supporters. Nothing makes them happier than spending time with their children and grandchildren at the resort each summer.

Francisco's Fisherman's Wharf. Most Italians had come from the top of the boot, and Northern California, its mountains spilling down to the sea, reminded them of home.

Lake County in those days was much like it is now, a sleepy enclave accessible via twisty-turny roads north from Napa, east from the coast, or west over the high chaparral from Sacramento. Biggi and other Bay Area Italians came for the hunting and hiking, the fishing and boating on Clear Lake, and the big bands—Tommy Dorsey, Xavier Cugat—that played at Hoberg's, a resort that attracted the rich and famous. Biggi lured families back year after year for a camaraderie that centered around bocce tournaments and bingo games, tango and polka dancing, teens' first kisses.

"Think *Dirty Dancing*, only smaller," says Tommy's ex-sister-in-law, Lorena Mengotti Gies. Smaller, yes, and more delicious, for perhaps most of all, the glue that stuck Biggi's families together was the food, served at weekly dinners on long tables outside under the twinkle lights.

Today, Giulio Biggi is long gone, and the cabins have been sold off to individual families. But the communal meal remains. Three times each summer, the homeowners' association throws a supper that anyone can attend. More than 200 descend, toting their own plates, silverware and drinks, ready to devour roast meats, garlicky vegetables and slow-simmered *sugo*. At \$25 a head (\$10 for kids), the meals are a fundraiser for the upkeep of the place, but more than that, says Lorena, "It's tradition."

Part of that tradition rests in its brine in the stone-walled basement beneath Giulio Biggi's original house. Eight massive pork loins sit overnight in salt and brown sugar, garlic cloves and rosemary. "Right? Doesn't it smell amazing down here?" says Tommy's daughter, Vania. She's been daydreaming all morning. Recently engaged,

she aspires to be wed beside Biggi's fountain. "I grew up coming here. I love this place. I get giddy on the drive up," she says.

Outside, a waitstaff composed of cabin-owners' teenagers has gathered, overseen by Lorena. On this hot July afternoon, while Tommy, Frank and a third cook, Tommy's son Claudio, argue over the garlic-rosemary-fennel paste for the pork, Lorena once-over the seating chart. She covers tables in red-and-white-checked cloths, then gathers folding chairs and bowls so that her sister and first cousin and niece and daughter—almost everyone is related here—can sit and gossip while peeling potatoes.

Soon, those Idahos are sizzling in butter and oil with garlic and rosemary sprigs. Tommy's nephew-in-law, Paolo Saroni, roasts the pork on a grill with a revolving series of spits powered by a motorized bicycle chain. The loins drip on one another as they turn, and when they're done, Paolo dunks them in a wine-butter bath to rest before slicing. "That's the secret," he says. "That's the juice that we're gonna put on top."

Finally it's dinnertime. Guests arrive—local winemakers, neighboring families, the chairwoman of the Kelseyville Pear Festival and her friends. Tommy ladles mushy tomato sauce on the green beans—42 pounds of them, bought from a farmer in Santa Rosa and blanched in a freestanding, propane-powered stockpot before sautéing. The kids ferry antipasti and salads to tables, and, to a backdrop of clinking glasses and 1980s tunes on the loudspeakers, Lake County digs into dinner.

"There's plenty of food—really good food," says Rita Nardi, who owns a house nearby. "It's old-style." She has a point. The heaping platters of potatoes, *sugo*-draped rotini, pork luscious with wine-butter drippings; the homemade *limoncello* at some tables and red wine at others; the shouting and backslapping—it all recalls a feast in

Most Italians had come from the top of the boot, and Northern California, its mountains spilling down to the sea, reminded them of home.



Veal, Beef & Pork Sugo (p.80)



some small Italian village, maybe one of the towns in Liguria or Lucca or Umbria where a Biggi's family originates from.

Still, the dinner guests don't know the half of the fun. After sheet cake from the local grocery store is served, they wander back to their cars. But the night is just getting going for the Biggi's crew. Claudio adjusts his *pizzaioli's* cap and puts water back on to boil. He's cooking the noodles for Tommy's famous midnight pasta, *linguine alla vongole*, its winy sauce laden with baby clams and parsley. It's a ritual for the famished cooks, who've been too busy tonight to eat yet themselves.

The stars are out now. The oldest ladies sit on their porches and yell across the courtyard at their sons in Italian. The toddlers, some barely just walking, dance on the tables to Sister Sledge's "We Are Family." And when the pasta is ready, the teens and 20-somethings come running. They all just ate. But they're hungry again—for garlic- and scallion-flecked pasta, for one more laugh. Babies get scooped up and held in one arm. Plates are sent up to the grandmas on the porches. Frank dusts powdered sugar on fried hunks of pizza dough fresh from the oil and hands reach for the treats.

"I came here when I was a little girl with my *nonna*," Linda Glover, née Denegri, says, gobbling the makeshift dessert. "She had a place across the street." Linda bought her two-bedroom cabin at Biggi's in 1980, wedging in with her husband and five kids. "Now my children have children of their own, and they're here tonight. It's generation after generation." She smooths the Biggi's Family Club apron she's been wearing since the afternoon when she lined platters with salami and mortadella. "We are so blessed to be a part of this," she says, licking powdered sugar off her fingers. "We all work together. And it's all about love, family and friends."



California Dreaming

Lake County is filled with rustic charm. Though wildfires have hit in recent years, towns are open for business and most of the 600,000-plus acres of public lands are unscathed.

Where to Stay

Musicians tickle keys on the 1902 upright in the saloon attached to the **Tallman Hotel**, Upper Lake's Victorian-era beauty. Ask for a room with a private patio and Japanese soaking tub. tallmanhotel.com

Reserve a casita on the north shore of Clear Lake at **Ceàgo Vinegarden**, owned by Jim Fetzer of Fetzer Vineyards fame. Wander through the organic gardens and lavender fields and cap off your day with a glass of wine made from grapes grown on the property. ceago.com

At **The Lodge at Blue Lakes**, spacious rooms feature Jacuzzis and four-poster beds. Take kayaks for a paddle on the spring-fed Upper and Lower Blue Lakes. thelodgeatbluelakes.com

What to Do

The county's numerous wineries offer tastes and tours. At **Boatique Winery**, you get to ogle the collection of vintage wooden boats while you sip. boatiquewines.com

Clear Lake, California's largest freshwater body by area, lures some 300 winged

species. Go bird-watching on **Eyes of the Wild's** pontoon boat and spy osprey, bald eagles and more. eyesofthewild.us

History buffs won't want to miss the **Historic Courthouse Museum**. Learn Lake County's backstory, and check out one of the world's largest collections of Eastern Pomo Indian basketry. lakecounty.com/museum

Where to Eat

At Kelseyville's **Saw Shop Bistro**, the comforting, farm-to-table fare comes with a side of local art. Stop in for live music every Thursday and half-price Lake County wines on Wednesdays. sawshopbistro.com

For a quick bite or picnic provisions, stop at **A+H General Store**. Try the umami BLT with truffle mayo, Point Reyes blue cheese and togarashi, a Japanese chile seasoning. It's Kelseyville's spot for inspired home goods too. aandhgeneralstore.com

Get sweet rewards after a hike at **Dirty Girl Donuts** in Hidden Valley. Flavors can include almond cherry blossom and toasty lemon meringue. dirtygirldonuts.com



Peas with Pearl Onions & Pancetta (p.80)

Grilled Herb-Fennel Pork Loin (p.81)



Grill-Fried
Potatoes
(p.80)

Wines Fit for an Italian Feast

Home to 30 wineries, Lake County produces some terrific bottles to pair with your meal.

With soft tannins, a spicy nose and a light body, **Steele Pacini Vineyard Zinfandel 2016** (\$20) is versatile with everything from cheese to the *sugo*. steelewines.com

Obsidian Ridge may be known for its cabernets, but it also makes delicious sauvignon blanc. The 2017 vintage (\$28) has an apple-and-lemon minerality that goes well with the *linguine alla vongole*. obsidianridge.com

From a sheep-grazed, chemical-free vineyard, **Six Sigma Reserve Tempranillo 2015** (\$48) has a balance of lushness and earthiness that matches the grilled pork loin. sixsigmaranch.com



Lucia Rocco (left) and Lorena Mengotti Gies discuss the evening's festivities. Lucia bought her cabin in the early 1980s and is one of the last "old timers" at the resort.



Sautéed Green Beans with Tomatoes, Mushrooms & Garlic

ACTIVE: 30 min **TOTAL:** 30 min

This go-with-anything side is a tasty way to showcase green beans (Photo: page 76)

- 3 pounds green beans, trimmed**
- 2 tablespoons extra-virgin olive oil**
- 12 ounces cremini mushrooms, quartered**
- ½ cup diced tomato**
- 8 cloves garlic, minced**
- ¾ teaspoon salt**
- ½ teaspoon ground pepper**

- 1.** Bring a large pot of water to a boil over high heat. Add beans and cook until just tender, about 5 minutes. Drain. Dry the pot.
- 2.** Add oil to the pot and heat over medium-high heat. Add mushrooms, tomato and garlic; cook, stirring frequently, until softened, about 5 minutes. Add the beans and cook, stirring occasionally, until they are heated through, about 5 minutes more. Season with salt and pepper.

SERVES 10: about 1 cup each

CAL 74 / FAT 3G (SAT 0G) / CHOL 0MG / CARBS 11G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 3G / FIBER 4G / SODIUM 185MG / POTASSIUM 438MG.

Peas with Pearl Onions & Pancetta

ACTIVE: 20 min **TOTAL:** 20 min

An easy-to-prepare, simple spring side dish gets a boost of umami from mushrooms and pancetta. Using frozen vegetables keeps things quick, but substitute fresh peas and pearl onions if you prefer, adjusting the cooking time as needed. (Photo: page 79)

- 1 tablespoon extra-virgin olive oil**
- 4 ounces pancetta, diced**
- 2 tablespoons butter**
- 4 cloves garlic, minced**

- 2 16-ounce bags frozen peas**
- 1 15-ounce bag frozen pearl onions**
- ½ teaspoon salt**
- ¼ teaspoon ground pepper**

- 1.** Heat oil in a large pot over medium-high heat. Add pancetta; cook until crisp and brown, about 5 minutes. Using a slotted spoon, transfer it to a paper-towel-lined plate.
- 2.** Add butter and garlic to the pot. Cook, stirring, until the garlic is soft, about 30 seconds. Add peas, onions and the pancetta. Cook, stirring occasionally, until the vegetables are hot, about 10 minutes. Season with salt and pepper.

SERVES 12: ½ cup each

CAL 131 / FAT 6G (SAT 3G) / CHOL 12MG / CARBS 13G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 5G / FIBER 4G / SODIUM 307MG / POTASSIUM 139MG

Grill-Fried Potatoes

ACTIVE: 40 min **TOTAL:** 40 min

At Biggi's Family Club, a peeling party preps hundreds of pounds of spuds to be cooked until golden. This is a must-have side dish at the monthly community meals. (Photo: page 79)

- 4 tablespoons (½ stick) unsalted butter**
- ¼ cup canola oil**
- 2 large russet potatoes, sliced into 8 lengthwise spears each**
- 6 cloves garlic, peeled**
- 2 sprigs fresh rosemary**
- ½ teaspoon kosher salt**
- ¼ teaspoon ground pepper**

- 1.** Place a rimmed baking sheet on a grill; pre-heat to medium-low (about 325°F).
- 2.** Add butter and oil to the pan and heat until melted and sizzling. Add potatoes, garlic and rosemary and cook, turning the potatoes and garlic often and adjusting the heat as necessary, until tender and golden, 20 to 30 minutes.

- 3.** Discard the rosemary. Using tongs, transfer the potatoes and garlic to a serving dish and season with salt and pepper.

SERVES 4: 4 wedges each

CAL 294 / FAT 16G (SAT 5G) / CHOL 19MG / CARBS 35G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 4G / FIBER 3G / SODIUM 251MG / POTASSIUM 790MG.

Veal, Beef & Pork Sugo

ACTIVE: 30 min **TOTAL:** 2½ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

The sauce simmers for a long time, allowing some of the liquid to evaporate, concentrating the flavor. It freezes very well. Serve over the pasta of your choice. (Photo: page 76)

- ½ ounce dried porcini mushrooms**
- 1 cup boiling water**
- 2 tablespoons extra-virgin olive oil**
- 1¼ pounds ground pork**
- 1 pound lean ground beef**
- 8 ounces ground veal**
- 2 stalks celery, minced**
- 1 medium carrot, minced**
- 1 medium onion, minced**
- 12 cloves garlic, minced**
- 2 tablespoons minced fresh parsley**
- 4 28-ounce cans whole peeled tomatoes, preferably San Marzano, coarsely chopped**
- 4 tablespoons (½ stick) unsalted butter**
- 1½ teaspoons salt**

- 1.** Combine mushrooms and water in a medium heatproof bowl. Set aside.
- 2.** Heat oil in a large pot over medium-high heat. Add pork and cook, breaking up the meat with a wooden spoon, until no longer pink, 4 to 5 minutes. Add beef and veal; cook, breaking up the meat, until no longer pink, 5 to 7



Tommy Tommasi (left), his son **Claudio** (middle) and Tommy's childhood friend **Frank Brunamonti** (right) are three of the chefs at Biggi's. They don't have time to eat with the guests, so they cook up *linguine alla vongole* (above) for a late-night meal.

minutes. Add celery, carrot, onion, garlic and parsley; cook, stirring often, until the vegetables are soft, about 10 minutes more.

3. Strain the mushrooms, reserving the soaking liquid. Mince them and add to the pot along with the soaking liquid. Add tomatoes and their juices. Bring to a boil. Reduce heat to maintain a simmer, partially cover and cook, stirring occasionally, until thickened, 2 to 2½ hours.

4. Remove the sauce from the heat and stir in butter and salt.

SERVES 18: about ¾ cup each

CAL 209 / **FAT** 13G (SAT 5G) / **CHOL** 50MG / **CARBS** 8G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 15G / **FIBER** 3G / **SODIUM** 450MG / **POTASSIUM** 566MG

Grilled Herb-Fennel Pork Loin

ACTIVE: 1 hr **TOTAL:** 2½ hrs (plus overnight brining)

Paolo Saroni swears by his pork-cooking technique for the most tender, flavorful results. And we agree! First the lean pork loin is brined overnight, then it's grilled and coated in a fragrant paste before it rests in a mixture of white wine, butter and its own juices. (Photo: page 78)

3 cups water

½ cup kosher salt

½ cup dark brown sugar

22 cloves garlic, peeled and divided

2 large sprigs fresh rosemary

3 cups ice

1 2½-pound boneless pork loin

1 tablespoon extra-virgin olive oil plus ½ cup, divided

½ cup mixed fresh herbs, such as rosemary, thyme and/or sage

½ bulb fennel, coarsely chopped

1 bottle (750 mL) dry white wine

2 tablespoons butter

1. Bring water, salt and sugar to a boil in a large saucepan over medium-high heat. Reduce heat and add 10 cloves garlic and rosemary sprigs; simmer for 5 minutes more. Remove from heat, add ice and stir until melted.

2. Place pork in a large bowl and pour the brine over it. Cover and refrigerate overnight.

3. Transfer the pork to a plate (discard the brine). Let stand at room temperature for 45 minutes.

4. Meanwhile, preheat grill to medium (about 350°F). Line a rimmed baking sheet with foil.

5. Pat the pork dry with paper towels and brush with 1 tablespoon oil. Grill, turning occasionally, until browned on all sides, 20 to 30 minutes.

6. Combine the remaining 12 cloves garlic and ½ cup oil in a food processor and add herbs and fennel. Pulse, scraping down the sides as needed, until a paste forms. Transfer the pork to the prepared baking sheet and coat the top of the pork with the herb paste.

7. Place the baking sheet with the pork on the grill. Cook, without turning, until an instant-read thermometer inserted in the thickest part registers 130°F, 15 to 25 minutes.

8. Combine wine and butter in a large pot and bring to a simmer over medium heat until the butter melts, about 2 minutes. Remove from heat. Immediately add the pork, herb-paste-side up, cover and let steam for 30 minutes.

9. Transfer the pork to a clean cutting board and tent with foil to keep warm. Bring the wine mixture to a boil over high heat and cook until reduced to approximately ¼ cup, 20 to 25 minutes.

10. To serve, cut the pork into ½-inch-thick slices and drizzle with the wine reduction.

SERVES 10: 3 oz. pork & 2 tsp. sauce each

CAL 350 / **FAT** 22G (SAT 5G) / **CHOL** 66MG / **CARBS** 6G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 20G / **FIBER** 1G / **SODIUM** 622MG / **POTASSIUM** 390MG

Linguine alla Vongole

ACTIVE: 35 min **TOTAL:** 1¼ hrs

This dish is a favorite midnight repast for the chefs at Biggi's Family Club. The addition of tomatoes makes a mashup between red and white clam sauces. (Photo: above)

¼ cup extra-virgin olive oil

2 tablespoons unsalted butter

8 cloves garlic, minced

6 scallions, sliced

4 10-ounce cans whole clams, with their juice

1 28-ounce can no-salt-added whole peeled tomatoes, with their juice

¾ cup dry white wine

¾ cup chopped fresh parsley

1½ teaspoons crushed red pepper

½ teaspoon ground pepper

1 pound linguine, preferably whole-wheat

1. Heat oil and butter in a large pot over medium-high heat. Add garlic and scallions; cook, stirring frequently, until soft, 2 to 4 minutes. Add clams and tomatoes, both with their juice, and wine. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally and breaking up the tomatoes, until reduced by one-third, 30 to 35 minutes. Add parsley, crushed red pepper and pepper. Cook, stirring, for 3 minutes more.

2. Meanwhile, cook pasta according to package directions for al dente. Drain.

3. Add the pasta to the sauce and toss gently.

SERVES 8: 1¼ cups each

CAL 479 / **FAT** 16G (SAT 4G) / **CHOL** 121MG / **CARBS** 53G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 32G / **FIBER** 7G / **SODIUM** 755MG / **POTASSIUM** 544MG

BETSY ANDREWS is a food and travel writer and a poet. Her award-winning books include *New Jersey* and *The Bottom*.



42K

guacamole-related
results on Google*

70% is the answer
when we battle
avocado

One of 96 avocado
GIFs you can choose
from when posting an
Instagram Story

7.75

pounds of avocados
the average American
consumed last year—
compared to *1 pound*
in 1990!

29.6M

times Well Done's video
for Avocado Pickles has
been viewed on Facebook

11.2M

#avocado posts
on Instagram

*All stats as of Dec. 2018.



143,000

number of times Ambitious Kitchen's
avocado-basil pesto recipe has been
saved on Pinterest

Chrissy Teigen famously
wore a swimsuit covered in
them. They're on just about
every restaurant menu. They
dominate social media feeds.
There's no escaping this
formerly humble fruit!

How the Avocado Took Over Our World

64M

avocado-recipe boards
on Pinterest

The Hass avocado's beauty has never been skin-deep. In fact, its bumpy black skin was initially a turnoff: the Fuerte, which has smooth green skin, used to be the most sought-after variety. Then in 1926, a postman named Rudolph Hass planted a few Guatemalan avocado seedlings in his rural Los Angeles County backyard, planning to graft the Fuerte onto them. But the grafts didn't take, so he ignored the trees—until years later his kids told him how great the avocados on the branches tasted. In 1935, he patented the Hass avocado, and growers, who favored its hardier skin

and longer harvest season, started a marketing campaign to entice the public to try them. Sadly Rudolph Hass never reaped the rewards. "By the time Hass avocados became popular in the 1970s, the patent had run its course," says Tom Bellamore, president of the California Avocado Commission. Now, Hass make up the vast majority (95 percent) of avocados grown in California, which in turn grows 90 percent of U.S. avocados. "If the Hass had immediately reached the scale it's at today, Rudolph Hass would have been a very rich man," Bellamore adds. Get recipes, tips and more inspiration on the pages that follow.

By Juno DeMelo • Recipes by Gaby Dalkin • Photography by Leigh Beisch



#avocaburger

Click on this Instagram hashtag and you'll see hundreds of pics of hamburgers on green "buns" that are actually avocado halves sprinkled with poppy or sesame seeds

JUST HOW HEALTHY ARE AVOCADOS?

Like most fruits, avocados deliver essential nutrients, including fiber (a serving—about one-third of an avocado—contains 3 grams), as well as antioxidants like vitamins C and E and lutein. Researchers recently linked avocado consumption with improved cognition, citing the fruit's lutein content, and noted that the brain-bolstering antioxidant is particularly well-absorbed from avocado (thank you, monounsaturated fats!). These healthy fats can also help boost your body's ability to absorb fat-soluble vitamins, such as A, K, E and D, in other foods and lower your LDL, or "bad," cholesterol.

"Avocados also deliver about 250 milligrams of potassium [per serving], which most of us don't get enough of," says Bonnie Taub-Dix, R.D.N., the author of *Read It Before You Eat It: Taking You from Label to Table*. "They're real multitaskers from a health and flavor standpoint, because they work in sandwiches and salads, but also replace saturated fats in baked goods."

AND SO THEY GROW

Most of the avocados in California are grown near the coast from San Diego to Monterey. Hass avocado trees bloom in the spring, setting the fruit that will be harvested the following spring and summer. Mature fruits can stay on the tree for up to a year (avocados don't ripen till picked!), but most are harvested March through September.

5 lbs., 8 oz.
weight of the heaviest avocado ever recorded

up to 200
avocados one California tree can produce in one year

90
percent of U.S. avocados grown in California

7
varieties of avocado grown commercially in California

12 to 18
the number of months it takes to grow a California avocado

over 5 million
avocado trees in California

AWESOME AVOCADO EATS IN CALIFORNIA

We asked four Golden State food pros for their top picks—here's what they said:

Avocado Toast Bartavelle, Berkeley

"Chef-owner Suzanne Drexhage uses only the best, most delicious, perfectly ripe avocados from Brokaw Ranch in Watsonville. She works in a little lemon juice, good olive oil, fine Celtic sea salt and Turkish marash pepper. It's what I'd make for myself every morning if I weren't so lazy."

● **Samin Nosrat**, chef and author of *Salt, Fat, Acid, Heat* and star of the Netflix adaptation of the same name

Guacamole La Cabaña, Los Angeles

"The guacamole is fantastic, partly because they make it in front of you, partly because there's a good chance there will be a mariachi band playing on the roof while that happens, and partly because you've probably already finished off one pitcher of margaritas by the time you dig in."

● **Jess Basser Sanders**, LA managing editor, The Infatuation restaurant guide

McCarthy Salad The Polo Lounge, Beverly Hills

"This Beverly Hills Hotel restaurant has been serving its McCarthy salad—which is a Cobb salad but with beets and Cheddar instead of blue cheese—since the 1940s. It's named after a polo player who was a frequent guest at the hotel. All the colorful components are plated separately, then mixed for you tableside."

● **Kylie Mazon-Chambers**, blogger, *Cooking with Cocktail Rings*

Avocado Tacos Loló, San Francisco

"Tacos are the ultimate vehicle for consuming avocados because they let the filling shine. At Loló, the avocados are coated in panko and fried until they're crispy, then slathered with aioli and wrapped in a flour tortilla with melty cheese and pickled red onions, which add a brininess that cuts through the richness of it all."

● **Omar Mamoon**, food writer and cookie-dough purveyor, *Dough XX*



Goat Cheese & Chive Guacamole

Serve this tangy version with tortilla chips and crunchy vegetables like kohlrabi and carrots.

Mash 3 large ripe **avocados**, 2 Tbsp. **lemon juice** and ½ cup thinly sliced **chives** with a fork in a medium bowl until half the mixture is smooth and the rest is chunky. Add ¼ cup crumbled **goat cheese**, ½ tsp. **salt** and ¼ tsp. **pepper** and stir gently to combine.

SERVES 10: 3 Tbsp. each

Avocado Toast with Burrata

Cream-filled burrata cheese is a decadent topping for avocado toast. (Cover photo)

Mash ½ large ripe **avocado**, 1 tsp. **lemon juice** and ⅛ tsp. each **salt** and **pepper** with a fork in a small bowl. Spread on 1 thick slice **whole-grain toast** and top with 1½ oz. **burrata** (or mozzarella), 1 tsp. each sliced **basil** and minced **chives** and a pinch of **Aleppo pepper**.

SERVES 1: 1 toast

Really Green Smoothie

Chia seeds lend this creamy smoothie a heart-healthy punch of fiber and omega-3 fatty acids.

Combine 1 large ripe **banana**, 1 cup packed **baby kale** (or coarsely chopped mature kale), 1 cup **unsweetened vanilla almond milk**, ¼ ripe **avocado**, 1 Tbsp. **chia seeds** and 2 tsp. **honey** in a blender. Blend on high until creamy and smooth. Add 1 cup **ice** and blend until smooth.

SERVES 1: 2½ cups



Inside-Out California Rolls with Mango & Spicy Mayo

ACTIVE: 40 min **TOTAL:** 1 hr 10 min

EQUIPMENT: Bamboo sushi mat

Making these rolls with the rice on the outside takes a little extra dexterity but the eye-catching sushi-bar results make it worth it

RICE

- 1½ cups black rice, rinsed
- 2½ cups water
- 2 tablespoons rice vinegar
- 1 tablespoon sugar
- ¾ teaspoon kosher salt

ROLLS

- 4 sheets nori
- 4 teaspoons sesame seeds
- 1 Persian (mini) cucumber, sliced lengthwise into 8 pieces
- ½ ripe mango, sliced lengthwise into 8 pieces
- ¾ medium ripe avocado, sliced
- 1 cup lump crabmeat, drained
- ½ cup Sriracha or wasabi mayonnaise

1. To prepare rice: Combine rice and water in a medium saucepan. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until the water is absorbed and the rice is tender, 30 to 35 minutes. Remove from heat and let stand, covered, for 10 minutes.

2. Combine vinegar, sugar and salt in a small microwave-safe bowl. Microwave on High until the sugar and salt dissolve, about 30 seconds. Add the mixture to the rice and fluff with a fork. Spread the mixture evenly on a baking sheet and let stand until cool enough to handle.

3. To prepare rolls: Cover a bamboo sushi mat with plastic wrap. Place one nori sheet, glossy-side down, on the mat. Using wet hands, spread and press 1 cup of rice to cover the nori. Sprinkle with 1 teaspoon sesame seeds. Flip the nori so the rice side is on the plastic wrap. Arrange one-fourth each of cucumber, mango, avocado and crab end-to-end across the bottom third of the

2:47M

the number of times
— **"It's an Avocado!"**
video of a child
opening a wrapped
avocado has been
viewed on YouTube.



glossy side of the nori. Use the mat to tuck and roll the nori tightly, wetting the last inch of the nori to seal the roll. Then use the mat to gently press and shape the roll. Repeat with the remaining ingredients to make 3 more rolls.

4. Use a sharp knife to cut each roll into 8 pieces, wiping the knife clean with a damp towel between slices. Serve drizzled with mayonnaise.

SERVES 4: 8 pieces each

CAL 499 / **FAT** 23G (SAT 2G) / **CHOL** 65MG / **CARBS** 58G /
TOTAL SUGARS 9G (ADDED 3G) / **PROTEIN** 21G /
FIBER 8G / **SODIUM** 745MG / **POTASSIUM** 308MG



Watermelon Radish & Avocado Summer Rolls

ACTIVE: 1 hr TOTAL: 1 hr

The first thing you layer on the rice paper will be what shows through on the finished roll, so vary what you start with. Consider the fillings in this recipe a starting point—papaya, snap peas and shrimp are all good alternatives.

SAUCE

- ¼ cup hoisin sauce
- ¼ cup smooth natural peanut butter
- 2 tablespoons water
- 2 teaspoons reduced-sodium tamari
- 2 teaspoons rice vinegar
- 1 teaspoon chili-garlic sauce
- ½ teaspoon toasted sesame oil

SUMMER ROLLS

- 12 rice paper wrappers
- 3 ounces thin rice noodles, prepared according to package directions
- 2 Persian (mini) cucumbers, thinly sliced
- 1 small watermelon radish, thinly sliced
- 1 medium ripe mango, thinly sliced
- 2 scallions, thinly sliced
- 1½ cups fresh mint leaves
- 1½ cups fresh basil leaves
- 2 medium ripe avocados, halved and sliced into 12 pieces each
- 4 large leaves butter lettuce, torn into 3 pieces each

1. To prepare sauce: Whisk hoisin, peanut butter, water, tamari, vinegar, chili-garlic sauce and oil in a small bowl. Set aside.

2. To prepare rolls: Soak one wrapper at a time in a shallow dish of very hot water until softened, about 10 seconds. Lift out, let excess water drip off and lay the wrappers on a clean, dry cutting board.

3. Layer 2 tablespoons rice noodles, a few slices each cucumber, radish and mango, 1 teaspoon scallions, 2 tablespoons each mint and basil, 2 avocado slices and 1 piece of lettuce on the bottom third of the wrapper. Fold the wrapper over the filling and roll into a tight cylinder, folding in the sides as you go. Repeat with the remaining wrappers and fillings. Serve with the sauce.

SERVES 12: 1 roll & 1 Tbsp. sauce each

CAL 220 / FAT 8G (SAT 1G) / CHOL 0MG / CARBS 32G / TOTAL SUGARS 7G (ADDED 1G) / PROTEIN 5G / FIBER 5G / SODIUM 181MG / POTASSIUM 343MG.

Supermodel, cookbook author and social-media star Chrissy Teigen's reverse take on avocado toast features the fruit sprinkled with herbed, toasted breadcrumbs. Get the recipe in her latest cookbook, *Cravings: Hungry for More*.

16,053

number of times Executive Chef David J. Alvarez's video on how to fan an avocado has been viewed on YouTube



California Cobb Salad with Herb-Rubbed Chicken

ACTIVE: 35 min TOTAL: 45 min

The Cobb salad is said to have originated at the Brown Derby in Hollywood in the 1930s. Kale, feta and strawberries give it a new-century feel.

CHICKEN

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon ground pepper
- ¼ teaspoon kosher salt
- 2 8-ounce boneless, skinless chicken breasts, trimmed

VINAIGRETTE

- ½ cup extra-virgin olive oil
- ¼ cup lemon juice
- 2 teaspoons champagne vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper

SALAD

- 6 cups baby kale
- 2 medium ripe avocados, sliced
- 2 large hard-boiled eggs, sliced
- 2 slices cooked bacon, crumbled

- ½ cup crumbled feta cheese
- 10 strawberries, quartered

1. Preheat grill to medium-high.

2. To prepare chicken: Combine 1 tablespoon oil, garlic powder, thyme, oregano, rosemary, ½ teaspoon pepper and ¼ teaspoon salt in a small bowl. Rub the mixture over chicken.

3. Oil the grill rack. Grill the chicken until an instant-read thermometer inserted in the thickest part registers 160°F, 5 to 6 minutes per side. Transfer the chicken to a clean cutting board and let rest for 10 minutes. Slice.

4. To prepare vinaigrette: Whisk oil, lemon juice, vinegar, salt and pepper in a small bowl.

5. To assemble salad: Arrange kale, avocados, eggs, bacon, feta, strawberries and the chicken on a large platter. Serve with the vinaigrette.

SERVES 4: 2 cups each

CAL 618 / FAT 48G (SAT 10G) / CHOL 176MG / CARBS 16G / TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 34G / FIBER 9G / SODIUM 705MG / POTASSIUM 1,031MG

JUNO DEMELO lives in Portland, Oregon, where she writes about health, food, motherhood and more. **GABY DALKIN** is a cookbook author, chef and food writer based in Los Angeles. Find her at whatsgabycooking.com.

What could be better than being a chef in a state that's literally overflowing with vegetables? How about having your own family farm to grow them for you.

Vivian Ku's California

"My mom wasn't the best cook, but everything we ate was fresh," says Vivian Ku, 32, the chef-owner of Joy and Pine & Crane in Northeast L.A. For most of her life, Ku's parents owned a farm in Bakersfield that supplied produce to Asian markets across Southern California. That early exposure to vibrant flavors and a diverse array of vegetables informs the menus at her perennially packed Taiwanese-Chinese restaurants in Highland Park and Silver Lake. At both places, the Culinary Institute of America and Harvard grad features high-quality ingredients while shining a spotlight on her heritage. Ku's ability to tell her story on the plate while honoring a "know your farmer" ethos is evident in seasonal dishes like kohlrabi salad or *zha jiang* noodles accented with heritage pork, both inspired by her grandmother's cooking. The recipes Ku shares on these pages are easy-to-prepare and delicious, especially when you follow her inspiration and make them with the best your local farmers have to offer.

By Sara Ventiera

Recipes by Vivian Ku

Location Photography
by Tanveer Badal

Food Photography
by Eva Kolenko





Scallion Pancakes

ACTIVE: 1¼ hrs **TOTAL:** 1½ hrs

The real magic of this recipe lies in the way the dough is rolled, coiled, stacked and then rolled again to create a pancake. When pan-fried, it's layered with flavor and flaky on the outside while chewy on the inside. Serve with black vinegar or chili sauce for dipping.

- 6 cups all-purpose flour plus 5 teaspoons, divided, plus more for dusting**
- 1 cup warm water (130°F)**
- 1 cup cool water (70°F)**
- 20 teaspoons canola oil, divided**
- 1¼ teaspoons salt**
- 1¼ teaspoons ground pepper**
- 1¼ cups very thinly sliced scallions**

- 1.** Place 6 cups flour in a large bowl. While stirring, slowly add warm water. Add cool water and stir until the dough comes together. Transfer to a lightly floured surface and knead until smooth, about 5 minutes. Divide the dough into 5 equal pieces (about 9 ounces each). Cover with plastic wrap and let rest for 10 minutes.
- 2.** Roll out a piece of dough on a lightly floured surface into a 9-by-6-inch rectangle. Brush with 2 teaspoons oil and sprinkle with ¼ teaspoon each salt and pepper. Add ¼ cup scallions to the bottom half and sprinkle with 1 teaspoon flour. From the bottom, roll the rectangle into a log. Let rest for 5 minutes. Repeat with the remaining dough.
- 3.** Stretch and roll each log to about 32 inches long (see photos, page 108). Spiral both ends

of the log toward the center of the roll, making one side bigger than the other. Stack the small spiral on top of the other and press down. Let the mounds rest for 10 minutes.

4. On a lightly floured surface, roll each mound into a circle about 9 inches wide.

5. Heat 2 teaspoons oil in a medium nonstick skillet over medium-low heat. Add 1 pancake and cook until golden brown on both sides, about 5 minutes total. Transfer to a plate and cover loosely with foil to keep warm. Repeat with the remaining 8 teaspoons oil and 4 pancakes.

SERVES 15: ⅓ pancake each

CAL 243 / FAT 7G (SAT 1G) / CHOL 0MG / CARBS 40G / TOTAL SUGARS 0G (ADDED 0G) / PROTEIN 5G / FIBER 2G / SODIUM 197MG / POTASSIUM 80MG



1 A common ingredient in Taiwan, sweet potato leaves (shown here surrounding Ku) are rich in vitamin B, iron and calcium. Ku sautés them on high heat with garlic, oil, rice wine, salt and white pepper quickly, so they don't overcook and get slimy.

2 In early 2018, Ku's parents sold the last parcel of their 50-acre farm that used to supply her restaurants. Now, Ku gets her pea shoots, water spinach and chayote greens (pictured) from the small farm in nearby Rowland Heights run by her cousin and 81-year-old uncle Jie Hsien Ku (also pictured).



3 Inspired by her time at **Chez Panisse**, Ku features a distinctive selection of produce at her restaurants, and she's working on incorporating this common and tasty Taiwanese loofah gourd onto her menus. "If you let these dehydrate," says Ku with a smile, "it becomes the same loofah you buy for the shower."

4 Customers at Ku's restaurants have come to expect vegetable dishes to change with the seasons. These Japanese eggplants, started with seeds sourced from Taiwan, are harvested in late summer for appetizers and stir-fries on her menus.



Spicy Kohlrabi Salad

ACTIVE: 20 min **TOTAL:** 35 min

For this cool salad, Ku treats kohlrabi like a cucumber. She salts the raw pieces to tenderize it and then tosses with a sweet, salty and mouth-tingling marinade

- 2½ pounds kohlrabi (about 5 medium)**
- 2 teaspoons salt**
- 3 tablespoons chili oil**
- 2 tablespoons thick soy sauce or dark soy sauce (see page 94)**
- 1 tablespoon sesame oil**
- 2 teaspoons sugar**
- 1 teaspoon Sichuan peppercorn oil (see page 94)**
- 1 teaspoon minced garlic**
- 1 teaspoon minced fresh ginger**

- 1 teaspoon sliced Thai bird chile**
- ½ cup fresh cilantro, coarsely chopped**
- ½ cup sliced scallions**

- 1.** Peel kohlrabi and cut in half. Cut each half into ¼-inch-thick half moons. Make cuts along the flat side of each half moon, going almost to the top, to make a comb shape. Toss the kohlrabi with salt in a large bowl and let stand for 15 minutes. Rinse with cold water and pat dry.
- 2.** Meanwhile, whisk chili oil, soy sauce, sesame oil, sugar, peppercorn oil, garlic, ginger and chile in a large bowl. Add the kohlrabi and toss to coat. Fold in cilantro and scallions.

SERVES 12: about ½ cup each

CAL 71 / FAT 5G (SAT 1G) / CHOL 0MG / CARBS 5G / TOTAL SUGARS 3G (ADDED 1G) / PROTEIN 1G / FIBER 2G / SODIUM 200MG / POTASSIUM 168MG





Ku trains her staff on the history of their dishes. *Zha jiang* noodles arrived in Taiwan via Northern China in 1949 with people, including her grandparents, who fled the mainland during the Chinese Civil War.



Zha Jiang Noodles

ACTIVE: 40 min **TOTAL:** 40 min

The name of this flavor-drenched dish aptly translates to "fried sauce noodles." A pork- and tofu-flecked sauce gets its savory powers from three layers of distinctive soy condiments. Tossed with thick wheat noodles, the result is satisfying and quite comforting

- 2 tablespoons canola oil
- 8 ounces ground pork
- 1 medium onion, diced
- 1½ tablespoons minced fresh garlic
- 2 tablespoons black bean paste (see page 94)
- ¼ cup Shaoxing rice wine (see page 94)
- 2 tablespoons reduced-sodium soy sauce
- 1½ tablespoons dark soy sauce (see page 94)
- 1 teaspoon ground white pepper
- 6 ounces five-spice pressed tofu (see page 94), diced
- 2 ¼ cups water, divided
- 3 tablespoons cornstarch
- 28 ounces fresh Shanghai-style or fresh Japanese udon noodles (see page 94)
- 2 cups julienned mini cucumbers
- ½ cup sliced scallions

1. Put a large pot of water on to boil.
2. Heat oil in a large flat-bottom wok over high heat. Add pork; cook, breaking up large pieces, until mostly cooked through, 1 to 2 minutes. Add onion and garlic; cook, stirring occasionally, until the pork is no longer pink and the onion is soft, about 3 minutes. Stir in black bean paste; cook, stirring, until fragrant, about 30 seconds. Add rice wine; cook, scraping up any browned bits, until the liquid has evaporated, about 30 seconds. Stir in reduced-sodium soy sauce, dark soy sauce, white pepper, tofu and 2 cups water. Cook, stirring occasionally, for 5 minutes.
3. Whisk cornstarch and the remaining ¼ cup water in a bowl. Add to the pan; cook, stirring, until thickened, 1 to 2 minutes. Remove from heat.
4. Meanwhile, cook noodles according to package directions. Drain; toss gently with the sauce to combine. Top with cucumbers and scallions.

SERVES 8: 1 cup each

CAL 323 / **FAT** 11G (SAT 2G) / **CHOL** 19MG / **CARBS** 41G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 2G / **SODIUM** 757MG / **POTASSIUM** 181MG

Taiwanese Pantry Staples

Look for these special ingredients in well-stocked supermarkets, Asian markets or online.

■ **Black bean paste or sauce** is a salty and slightly sweet condiment made from fermented black beans. It adds funky, pungent flavor.

■ **Black vinegar** (chingkiang) has a rich, smoky flavor. Balsamic or sherry vinegars can be used as a swap.

■ **Chili-bean sauce** is a spicy, salty condiment made from chiles, fermented broad beans, soybeans, rice or wheat and spices. It's used extensively in Sichuan cooking. Sambal oelek, a mix of chiles, brown sugar and salt, is a reasonable substitute.

■ **Dark soy sauce** (sometimes called black soy sauce) is thicker than regular soy sauce, with a touch of sweetness. **Thick soy sauce** is similar, but gets a stickier texture and its sweetness from molasses. In a pinch combine equal parts regular soy sauce and molasses as an alternate for either.

■ **Mushroom dark soy sauce** contains straw mushroom extract. It packs a punch of pungent, umami flavor.

■ **Pressed tofu** has been presqueezed to remove moisture. Baked tofu, which can be used as a substitute, has a similarly chewy texture and is easier to find. Look for it either with other tofu products or in the produce department.

■ **Shanghai-style noodles** are thick and chewy wheat noodles. If you can't find them, fresh Japanese udon noodles would work in their place.

■ **Shaoxing** is a seasoned rice wine used for cooking. Dry sherry can be used in its place.

■ **Sichuan peppercorn oil** is infused with cracked Sichuan peppercorns that create a mouth-numbing sensation.



Pork Potstickers

ACTIVE: 1¼ hrs **TOTAL:** 2¾ hrs

TO MAKE AHEAD: Freeze uncooked dumplings (Steps 1-2), uncovered, on the parchment-lined baking sheet until solid, at least 8 hours. Once frozen, transfer to an airtight container and freeze for up to 3 months.

These dumplings have a juicy filling so they don't need to be served with a dipping sauce, but offer them with a little chili oil if you'd like. Look for dumpling wrappers in the produce section of your supermarket or at an Asian market.

- 1 pound ground pork
- 1 large egg, lightly beaten
- 1 cup sliced scallions
- ¼ cup Shaoxing rice wine (see left)
- ¼ cup reduced-sodium soy sauce
- 2 tablespoons mushroom dark soy sauce (see left)
- 2 tablespoons minced fresh ginger
- 1 tablespoon sesame oil
- 1 tablespoon sugar
- 1 tablespoon cornstarch, plus more for dusting
- 1 teaspoon ground white pepper
- ¼ teaspoon salt
- 2 cups finely chopped napa cabbage
- 80 round dumpling wrappers
- 7 tablespoons canola oil, divided
- 3½ cups warm water, divided

1. Combine pork, egg, scallions, rice wine, reduced-sodium soy sauce, mushroom dark soy sauce, ginger, sesame oil, sugar, cornstarch, white pepper and salt in a large bowl until well blended. Fold in cabbage. Cover and refrigerate for at least 1 hour or overnight.

2. Set out dumpling wrappers and a small bowl of water; line 3 large baking sheets with parchment paper and dust with cornstarch. Place 6 wrappers on a clean work surface and spoon about 2 teaspoons filling into the center of each. Wet your finger and run it around the edge of a wrapper. Fold the wrapper over to form a half-moon shape and press the edges together to seal. Pleat the edges if desired (see photos, page 108). Arrange the dumplings on a prepared baking sheet without letting them touch. Repeat with the remaining wrappers and filling.

3. Heat 1 tablespoon canola oil in a large non-stick skillet over medium-high heat. Add 12 dumplings (fresh or frozen) in a single layer not touching. Add ½ cup warm water to the pan. Cover and cook until starting to brown on the bottom, 6 to 8 minutes. Uncover and cook until all of the liquid is evaporated, about 30 seconds more. Repeat with the remaining oil, water and dumplings.

SERVES 14: 5-6 dumplings each

CAL 298 / **FAT** 14G (SAT 3G) / **CHOL** 39MG / **CARBS** 30G / **TOTAL SUGARS** 1G (ADDED 1G) / **PROTEIN** 12G / **FIBER** 1G / **SODIUM** 480MG / **POTASSIUM** 182MG.

Sautéed Pea Shoots with Garlic

ACTIVE: 10 min **TOTAL:** 10 min

At Pine & Crane, fresh vegetables from Ku's family farm are the stars and dishes like this made with simple sauces keep it that way. When pea shoots aren't in season, try this same stir-fry with fresh watercress or spinach. (Photo: page 90.)

- 2 tablespoons canola oil
- 2 tablespoons sesame oil
- 3 tablespoons minced garlic

- 1 pound pea shoots or sprouts
- $\frac{1}{4}$ cup Shaoxing rice wine (see page 94)
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground white pepper

Heat canola and sesame oils in a large flat-bottom wok or large pot over medium-high heat. Add garlic and cook, stirring constantly, until soft and fragrant, about 30 seconds. Add pea shoots (or sprouts), rice wine, salt and white pepper; cook until the greens are wilted and very soft, 1 to 3 minutes.

SERVES 6: $\frac{1}{2}$ cup each

CAL 150 / FAT 10G (SAT 1G) / CHOL 0MG / CARBS 7G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 2G / FIBER 2G / SODIUM 291MG / POTASSIUM 3MG

Wood Ear Mushroom Salad

ACTIVE: 40 min **TOTAL:** 40 min (plus overnight soaking)

TO MAKE AHEAD: Refrigerate for up to 2 days.

The mild flavor of deliciously soft (but still surprisingly crunchy) wood ear mushrooms is a perfect canvas for the vinegary marinade in this salad. This recipe uses dried wood ears, so you'll want to build in time to soak them overnight.

(Photo: page 90)

- 2 cups dried wood ear mushrooms (about $2\frac{1}{2}$ ounces)
- 1 tablespoon chili oil
- 2 teaspoons minced fresh ginger

- 1 teaspoon minced garlic
- 1 teaspoon sesame oil
- 1 teaspoon chili-bean sauce or sambal oelek (see page 94)
- $1\frac{1}{2}$ tablespoons reduced-sodium soy sauce
- $1\frac{1}{2}$ tablespoons thick soy sauce or dark soy sauce (see page 94)
- 2 teaspoons black vinegar (see page 94)
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ cup fresh cilantro, coarsely chopped

1. Soak mushrooms in 8 cups water overnight.
2. When ready to prepare salad, put a large pot of water on to boil. Set a large bowl of ice water near the stove. Drain the mushrooms and cut into 3-inch pieces. Add to the boiling water and cook for 5 minutes. Transfer with a slotted spoon to the ice water. Drain and pat the mushrooms dry.

3. Heat chili oil, ginger, garlic and sesame oil in a small skillet over medium heat until starting to sizzle, about 30 seconds. Add chili-bean sauce (or sambal oelek) and cook, stirring, until fragrant, about 15 seconds. Remove from heat and whisk in reduced-sodium soy sauce, thick (or dark) soy sauce, black vinegar and sugar.

4. Transfer the sauce to a large bowl. Add the mushrooms and cilantro and stir to coat.

SERVES 6: $\frac{1}{2}$ cup each

CAL 58 / FAT 3G (SAT 0G) / CHOL 0MG / CARBS 6G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 1G / FIBER 1G / SODIUM 283MG / POTASSIUM 19MG. ♡



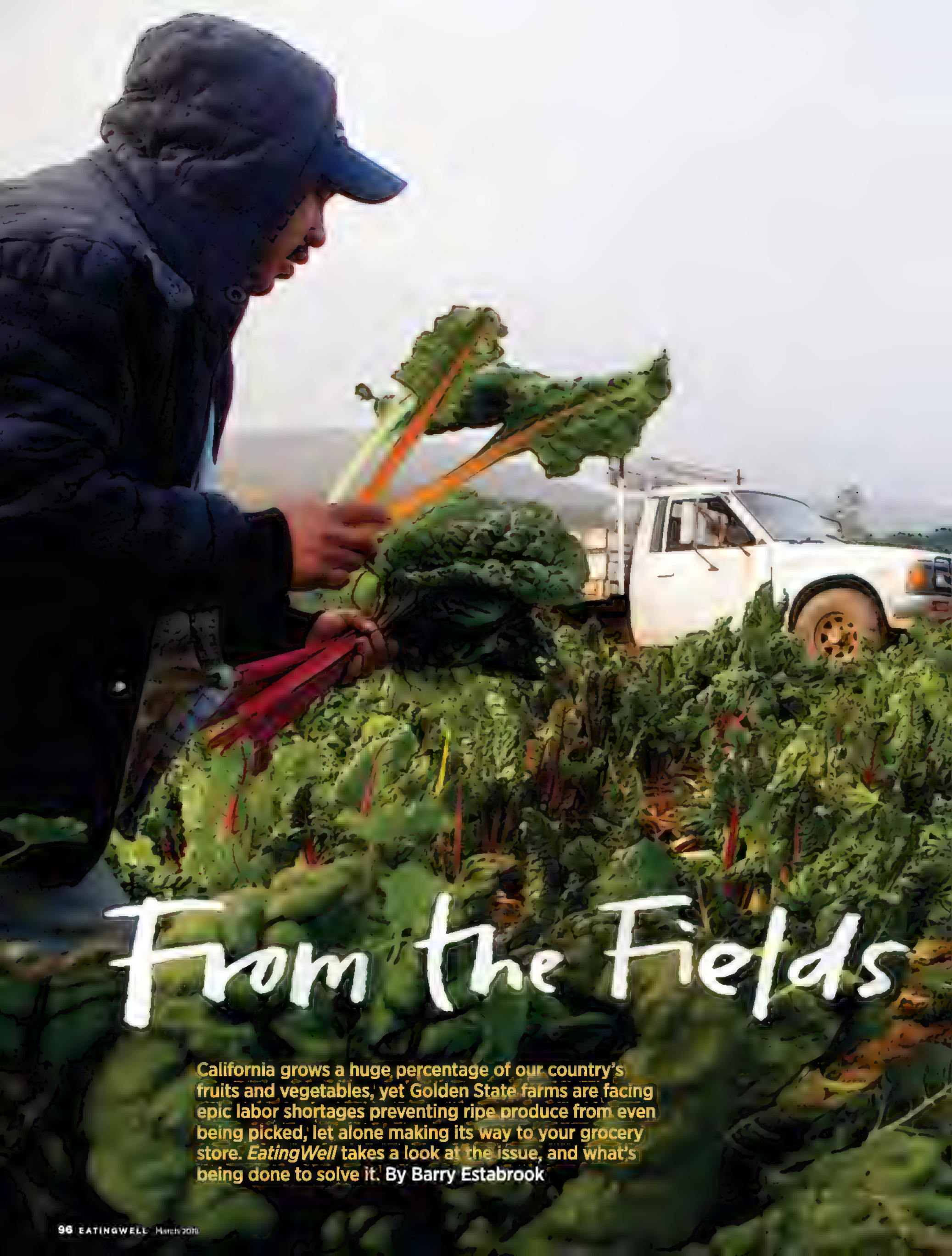
■ In Taiwan, many restaurants would clip clothespins to the bottom of each plate so runners knew where to take it. "It saves paper, it's fast and it's old school," says Ku. "So we decided to use it."

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From the Fields

California grows a huge percentage of our country's fruits and vegetables, yet Golden State farms are facing epic labor shortages preventing ripe produce from even being picked, let alone making its way to your grocery store. *EatingWell* takes a look at the issue, and what's being done to solve it. By Barry Estabrook



to Your Table

Photography by
Marc Olivier LeBlanc

THIS PAGE: SAM HODGSON/
BLOOMBERG VIA GETTY IMAGES

A

grim scene greeted me on the chilly, overcast morning last August when Tony Serrano took me to one of his strawberry fields, not far from Watsonville on the central California coast. It looked like the entire field had been devastated by disease or drought. Surveying his crop, Serrano shook his head. I couldn't tell whether he was embarrassed, depressed or simply resigned. Leaves

that had not already turned brown were yellowing. His plants were stunted and shriveled, where there were any surviving plants at all. Long sections of farmland showed no signs of anything ever growing there—just bare plastic covering the raised rows. Rotten, blackened fruits lay among invading weeds on the loamy soil.

What made the scene more poignant was that earlier in the day I'd visited one of Serrano's zucchini fields a half-hour's drive south, outside of Salinas. It was immaculate. The plants were vigorous, covered in blossoms and heavy with squash in all stages

of ripeness. A dozen workers loaded wheelbarrow-like conveyances with perfect, deep green zucchini and rushed them through the rows to a waiting box truck. Serrano himself seemed like a different man: friendly, humorous, occasionally mischievous, with a smile that readily erupted from beneath his bushy mustache.

One thing explained the stark difference between Serrano's two fields: despite offering nearly twice the going wages, he had been unable to secure enough workers to tend and, when the time came, pick his strawberries. The shortage of labor had forced him to perform farming's version of triage and abandon the berries to ensure that he could harvest as many zucchini as possible, which he is contracted to sell to

Costco. "Summer squash are this farm's bread and butter," he explained. "I had to give them first dibs on workers."

Before leaving the strawberry field, Serrano picked up one of the few edible berries in sight and urged me to take a bite. Savoring one of the richest, most densely sweet strawberries I'd ever tasted, I was struck by the bitter irony it represented. Serrano had achieved

"When I first started the farm, people were always showing up at the gates begging for work. Now, we farmers are the ones who are begging for workers."

Tony Serrano





the American dream. Smuggled illegally into the country from Mexico at age 3 in the trunk of a Ford Gran Torino, Serrano joined his parents, who had arrived earlier, in the California fields. He became a legal resident in 1986 under President Reagan's amnesty bill, advanced through a series of agricultural jobs and, four years ago, fulfilled his dream of owning his own farm company—JAS Family Farms Organic. In addition to strawberries and summer squash, Serrano raises tomatoes, artichokes and cabbages on about 100 acres. But instead of enjoying the success he worked so hard to build, he is forced to stand by helplessly as his crops rot in the fields. Thousands of dollars' worth of nutritious—and delicious—food was going to waste all around us. "When I first started the farm, people were always showing up at the gates begging for work," Serrano said. "Now, we farmers are the ones who are begging for workers."

A Growing Problem

He is far from the only American farmer begging for help. John Hollay is the senior director of government relations for the United Fresh Produce Association, a Washington, D.C., lobbying group that represents more than 1,000 companies spanning the entire spectrum of produce production and sales, from retail giants such as Walmart and Kroger to small farmers like Serrano. Hollay told me that the shortage of labor was the "No. 1 issue" members talked about at the group's annual convention last fall.

The scarcity of workers began cutting into farmers' earnings within a few years of the end of the recent recession—costing them an estimated \$1.3 billion in lost income in 2012, the last year for which figures have been compiled. And Hollay insists the problem has grown worse since. "It's a shame," he said. "We have the crops but not enough workers to harvest them. It should be a crime—the idea that we would let this happen in a nation with our agricultural resources." He personally feels that the issue goes beyond the businesses he represents. "Food insecurity is a national security threat. And that is not something I say lightly. A country that can't provide food for its people is simply not secure."

In fact, the ramifications of the scarcity of farmworkers are among the few issues industry insiders and labor representatives agree on. "The shortage is a very big deal," said Erik Nicholson, the national vice president of United Farm Workers, a California-based

A single worker tends what's left of farmer Tony Serrano's strawberry fields (*above left*). Due to California's growing labor shortage, Serrano lacked enough help to harvest all the different produce he grows, and the berries had to be abandoned so pickers could turn their attention to more lucrative crops. The result: withered plants and rows and rows of rotting, wasted fruit (*right*)—a stark contrast to the hardy, verdant field of squash Serrano surveys (*opposite*).

union group. "Before, farmers could churn through people—'You don't like it here? Get out!'—and there were 10 others waiting for their job. Now, we're going through a paradigm shift, moving from a situation where land, water and labor were abundant to where they are becoming scarce."

The crisis extends everywhere from the tomato fields of Florida to the apple orchards of Washington state. In 2011, in what turned out to be just the leading edge of the labor crunch, undocumented migrant workers destined for Georgia avoided the state because they feared being expelled due to a new state law cracking down on illegal immigrants. Farmers there lost \$75 million as a result of having not having enough help to harvest their onions, melons, peaches and other produce. "All types of farms and ranches are facing labor shortages, but the problem is critical in the fruit and vegetable sector where farmers are more dependent on hand-harvesting," said Vincent "Zippy" Duvall, the president of the American Farm Bureau Federation, which represents 6 million farmers from all over the country. Every single one of the nation's 10 most popular fruits—including apples, table grapes, strawberries and oranges—must be picked by hand. The same applies to seven of the top 10 vegetables we eat. (See "How Labor Shortages Could Impact Your Plate" on page 100.) Without human harvesters, the vegetable sections of supermarkets would offer only potatoes, carrots, leaf lettuce and salad mix. There would be no tomatoes, onions, head lettuce, bell peppers or cucumbers. And that's just to name a few.

Labor Shortage Ground Zero

California is the nation's largest farming state, with more than \$50 billion in annual agricultural sales. Looking around the typical supermarket produce section, it is difficult to overstate the importance the state plays in supplying the country with fruits and vegetables. It produces all of the nation's artichokes and

How Labor Shortages Could Impact Your Plate

Below are the 10 most popular fruits and vegetables in the U.S. (ranked in order). Take a look at how many of them rely on hand harvesting(*)—including every one of our favorite fruits.

FRUITS

1. Bananas*
2. Apples*
3. Table grapes*
4. Strawberries*
5. Oranges*
6. Watermelon*
7. Lemons*
8. Blueberries*
9. Peaches*
10. Cantaloupe*

VEGETABLES

1. Potatoes
2. Tomatoes*
3. Onions*
4. Carrots
5. Heads of lettuce*
6. Broccoli*
7. Mixed salad greens
8. Bell peppers*
9. Celery*
10. Cucumbers*



"I would like to see that the public values our work. We contribute to society, first by picking the food you eat, but also by spending money in this country on clothes, gas, food and rent like any other group of people."

Oswaldo Cisneros Martinez

plums, more than 90 percent of our broccoli, celery, avocados, tangerines, mandarins and nectarines, and nearly 80 percent of our cauliflower, apricots, strawberries, raspberries, grapes and lemons. All of these crops are hand-harvested. In addition, large numbers of employees are required to operate machines and work in packing houses.

Reliance on those laborers makes California central to today's crisis. The vast majority of the state's farmworkers were born in Mexico. And nearly two-thirds of those—comprising half of California's crop workers—are in the country without legal documentation and therefore vulnerable to being deported, according to Philip Martin, Ph.D., professor emeritus of agricultural and resource economics at the University of California, Davis. Two decades ago, the state was awash with farm labor thanks to the nearly 100,000 unauthorized workers who came into the country each year. These newcomers, who tended to be young, rootless and happy to relocate to fill job openings, once made up nearly 25 percent of the agricultural workforce. Today, they account for less than 2 percent, having been replaced by older, more settled immigrants, who have been working on American farms an average of 15 years and are typically around 40 years old—an age where many are no longer physically able to perform strenuous, potentially dangerous jobs like climbing ladders with heavy containers to pick fruit, or bending over broccoli or strawberry plants for hours in 90-degree heat. Other farmworkers—whether immigrant or not—are leaving agriculture for higher-paying jobs in sectors such as construction and landscaping.

Creating what amounts to a perfect storm, many experienced laborers are also opting to move back to Mexico. A study undertaken by the Pew Research

Low pay coupled with high cost of living, fears over deportation and renewed economic prospects back in Mexico are all contributing to the labor shortage, says farmworker Oswaldo Cisneros Martinez (*above*), a Mexican immigrant.

Center estimates that close to 1 million Mexicans and their families left the United States and returned home between 2007 and 2016—causing the number of Mexican immigrants living in our country to fall from a peak of 12.8 million to 12 million.

One farmworker, Oswaldo Cisneros Martinez, offered me a firsthand explanation of why many of his compatriots are going back to their countries. He and I met just past sunset at a coffee shop in Salinas after he had put in a long day with a broccoli-picking crew. Martinez, who is in his mid-30s, told me through an interpreter that he knew several people who had returned to Mexico. Their reasons were primarily economic. "The pay is low in California," he said. "The rents are high. Two to three families are living in the same house. It is getting impossible to live here now. In the past, it was better."

Data on farmworkers' salaries compiled by the U.S. Department of Commerce show that the average annual income for all farmworkers is \$17,400, but nearly half make less than \$10,000. The average rent for a two-bedroom apartment in Salinas is \$24,400 per year.

"The atmosphere is also bad," Martinez continued. "There's a lot of anxiety in the community. Immigration agents are invading people's homes using the excuse that they are looking for criminals. Once they even came to an apartment I was living in and arrested someone. It concerns us a lot. Especially with the new

president in Mexico, people are more hopeful that conditions will improve there.” Most of all, though, he wants a little respect from American consumers. “I would like to see that the public values our work,” he said. “We contribute to society, first by picking the food you eat, but also by spending money in this country on clothes, gas, food and rent like any other group of people.”

Struggling to Find Solutions

In response to the crisis, some farmers have adopted what Martin calls the “4-S” strategies: *satisfy* current workers to retain them with benefits and bonuses, *stretch* workers’ productivity and improve field conditions through mechanical aids that make tasks like harvesting faster and less strenuous, *substitute* machines and robotics for workers when possible, and *supplement* existing workers with immigrants who are here on temporary guest-worker visas.

As the manager of Andrew & Williamson Fresh Produce—a company with about 1,000 employees and several farms in California and Mexico that grow tomatoes, strawberries, raspberries, blackberries and cucumbers for many national supermarket chains—Ernie Farley is implementing each of Martin’s 4-S steps. As I drove to meet him at a packinghouse near Watsonville, I passed a vast field edged with parked vehicles. Hundreds of workers toiled elbow-to-elbow over rows of plants that extended as far as I could see. The lesson was clear: It takes a lot of human hands to harvest our food.

A receptionist at the packinghouse ushered me into a conference room where Farley greeted me from behind a laptop. With round rimless glasses and a gray goatee, Farley projects a studious, almost professorial image befitting his university degree in plant sciences. In many ways he is Serrano’s opposite. But he is dealing with the same workforce issues, only on a much larger scale. “For the crops we grow, the shortage of agricultural labor has been going on for a decade, and it’s becoming a higher and higher subject of concern,” he said.

Farley explained that his company typically harvests strawberries on three-day rotations: “If you have 90 acres, you’ll pick 30 on a Monday, 30 Tuesday, 30 Wednesday, then come back and repick the first 30 acres on Thursday and so on. Sunday is a day off. If you don’t have enough workers to maintain that rotation, strawberries that were supposed to be picked Monday get picked on Tuesday or Wednesday and eventually you get so far behind that the crop gets overripe and you have to jump ahead and abandon sections. That has been happening to us often.”

Andrew & Williamson is big enough to be able to supplement its labor force with legal guest workers. Under the law, employers must pay for these workers’ transportation to and from their home countries and provide them with approved housing while they are here—making them too expensive for operations such as Serrano’s that also don’t have the resources to deal with the necessary government applications and other paperwork. According to the United Fresh Produce Association, 42 percent of growers don’t use the program because of these reasons. Even for those who can, bureaucratic snafus often delay workers’ arrival, resulting in crops not getting picked in time.

Farley and his business partners are also utilizing technology to speed up harvesting. Traditionally, a worker would pick a carton of berries and then lug it to a truck at the edge of the field to be put on a shipping pallet. The company has invested in machines that creep through fields at the same pace as its harvesting crews. The workers pick directly behind the machines and simply put full boxes on conveyor belts that carry them to the person who stacks them on the pallets. “We try to consider every time labor is involved,” Farley said. “Is using a forklift more efficient than hand-moving? Can we harvest at night to maximize the use of our machines and keep workers happy—when their lifestyle makes it better for one spouse to work at night while the other takes care of the kids? We’re also growing plants in buildings on counters that are high enough that workers can pick standing up. Overall, we can now get the same amount harvested with a third fewer workers.”

The holy grail for farmers facing a future of labor shortages is replacing workers with robotics. Andrew & Williamson is on the forefront of that, as well. For the past four years, it has been conducting research on one of its farms near Ventura, in cooperation with Agrobot. “We’ve spent a lot of money on it, but we’re a long way off from replacing humans,” Farley said. “Remember, we are managing biological systems with an almost infinite number of variables. Robotics have been successful in businesses where you can standardize procedures so the machines have to make very few decisions. But with the crops we grow, those crucial decisions—made by a person at plant level—are extremely difficult to roboticize.”

Using the example of watermelon, he explained that a picker must first determine how ripe the fruit is. Then, if rain is in the forecast for the next few days, he might decide to harvest it immediately. If not, he may choose to leave it to ripen a bit further. All of this has to be done in a split second. “Right now, only humans can sort all that out,” Farley said.

Larger growers have one other option, and it will displease the rising number of conscientious shoppers who prefer fresh, locally grown (or at least domestically grown) produce. American farm companies are increasingly moving their operations to countries such as Mexico where workers are abundant. The Congressional Research Service reports that prior to 2015, the U.S. exported more agricultural products to Mexico than it imported. But since then the trend has reversed, largely because of a surge in Mexican produce being brought into our country. It’s also one of the main reasons why the California labor shortage hasn’t yet caused produce shortages and empty supermarket shelves.

“American consumers have a choice,” said Holloy. “Do you want a system where we import workers or import our food?” His organization is one of 70 agricultural trade associations that signed a letter to President Donald Trump in March 2017 pleading for him to provide “a lawful path for foreign workers to enter the

“American consumers have a choice.
Do you want a system where we
import workers or import our food?”

John Holloy

United Fresh Produce Association

United States on a nonimmigrant basis.” Holloy explained that they’re trying to promote a practical solution that lies between the permanent residence and path to citizenship championed by some politicians, and a system of no lawful protections whatsoever that others demand. “All we are looking for is some sort of legal status for farmworkers. Something that lets employers and workers to go home at night and not worry about an ICE raid,” he said.

That would include legal status for workers already in the U.S., an improved guest worker program, and no further enforcement laws unless they include solutions to agriculture’s problems in attracting and maintaining a workforce. In a position paper, Holloy’s association writes: “The produce industry does not oppose proper enforcement of our nation’s immigration laws, but to do so without addressing the reality that much of the workforce in agriculture is foreign-born would be devastating to our sector.”

I asked him whether, with today’s atmosphere in Washington, there was any hope that Congress and the president would line up behind the sort of reforms he wants. There was a long pause before he said, “Stranger things have happened in this city.” ☹

BARRY ESTABROOK is a three-time James Beard Award-winning journalist. An updated edition of his exposé, *Tomatoland*, was released last year.



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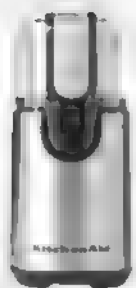


Find Your Grind

Pass by the **EatingWell Test Kitchen** on any given morning and, predictably, you'll hear the rumble of coffee beans grinding. We like our ingredients ultra-fresh here, and our a.m. joe is no exception. You'll notice a major step-up in flavor when you buy whole beans and grind them yourself. That's because grinding releases the coffee's essential oils, which are freshest right after the bean has been crushed to bits. What to look for in a coffee grinder? Turn the page for tips, plus models we love.

Grind Defined

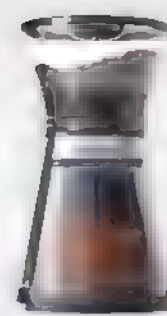
There are two categories of grinder you can buy: blade and burr. Blade grinders are budget-friendly and will definitely upgrade your brew. But they don't guarantee the consistent grind that burrs do. Burr grinders are worth the extra expense if coffee is your morning *everything*. They work by funneling beans through two sets of burrs that mill grounds to a uniform size, which makes for the ultimate cup. After testing a slew of models, here's the scoop on our grinders of choice. **By Lucy M. Casale**



Best Entry-Level Buy

We like the **KitchenAid Blade Coffee Grinder** because it's so easy to use: simply press

and hold one button (longer to get finer grinds; less time for coarser). The removable 4-oz. stainless-steel bowl is a perk—both for transferring grounds and for easy cleanup. In most other blade grinders it's fixed in place. (\$25, target.com)



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Cuisinart's Programmable Conical Burr Mill was noticeably quieter than others we tested and its LCD display allows you to easily choose from 18 different grinds—extra-coarse to extra-fine. (\$100, cuisinart.com) Our runner-up, the **Cuisinart Supreme Grind Automatic Burr Mill**, has fewer bells and whistles, but is half the price. (\$50, cuisinart.com)

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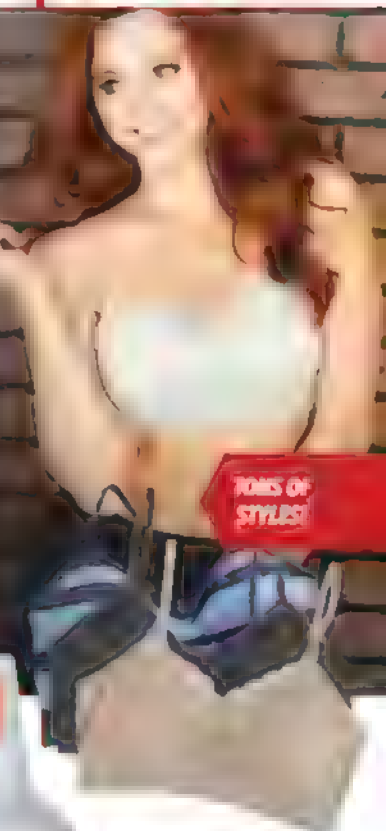
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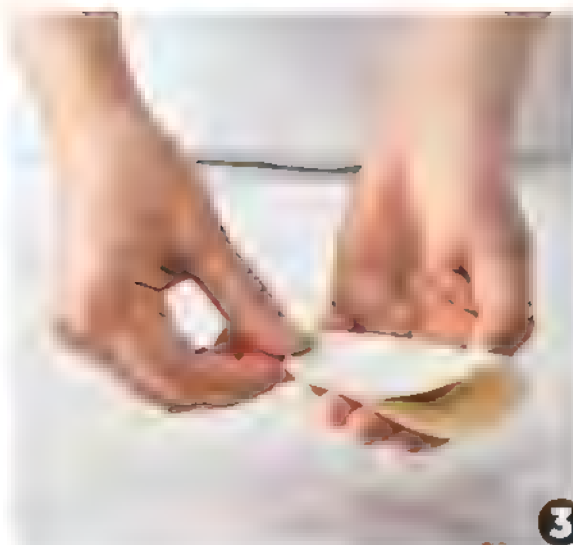
**Form
Potstickers**
recipe p.94



1



2



3



4



5

- 1 Arrange dumpling wrappers on a clean work surface. Spoon about 2 teaspoons filling into the center of each.
- 2 Wet your fingers with water and run them around the edge of your first wrapper.
- 3 Fold the wrapper over to form a half-moon shape and press the edges together to seal.
- 4 If desired, start at one end of the seam and use your thumbs and index fingers to make a pleat. Continue along the entire edge.
- 5 Repeat Steps 2 to 4 with the rest of the wrappers and filling.

**Make Scallion
Pancakes**
recipe p.90



1



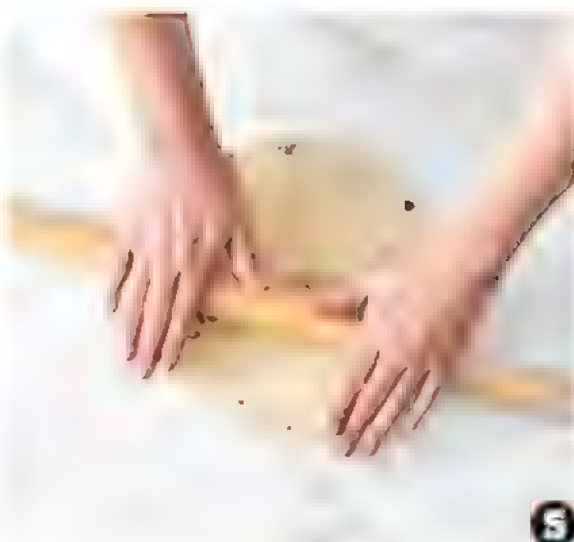
2



3



4



5

- 1 Roll dough on a floured surface into a 9-by-6-inch rectangle. Brush with oil and sprinkle with salt and pepper. Add scallions to the bottom half of the dough. From the bottom, roll the dough into a log.
- 2 Stretch and roll the log to about 32 inches long. Spiral both ends of the log toward the center of the roll, making one side slightly bigger than the other.
- 3 Stack the small spiral on top of the other.
- 4 Press down on the stack. Let rest for 10 minutes.
- 5 Roll the stack into a 9-inch pancake. Repeat with the remaining dough.

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RICOTTA, BANANA, WALNUT, AND HONEY TOAST

- 2 slices whole grain bread
- 2 tablespoons ricotta
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{2}$ banana, thinly sliced
- $\frac{1}{4}$ cup California walnuts, toasted and chopped
- 2 teaspoons honey

1. Toast bread. Spread ricotta onto each slice.
2. Sprinkle cinnamon over ricotta, then top with sliced banana and chopped walnuts. Drizzle with honey before serving.

For more recipes, visit Walnuts.org.

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RECIPE INDEX

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Beverages																				
73	Kumquat Margaritas	208	14	10	0	0	3	66						26						
85	Real ly Green Smoothie	343	55	12	6	12	199	1,051	31	24		45		61						
Breakfast																				
73	Apple Pancake	355	37	16	10	3	197	205												
85	Avocado Toast with Burrata	439	37	3	18	12	619	651	31	33				21						
59	Overnight Oats 7 Ways (analyses at eatingwell.com)																			
Snacks																				
60	Fruit & Nut Snacks (analyses at eatingwell.com)																			
85	Goat Cheese & Chive Guacamole	106	6	0	2	4	114	301												
Sides																				
25	Blue Cheese-Veggie Slaw	166	8	0	5	3	260	267				63		114						
29	Greek Broccoli Gratin	273	12	0	7	3	314	378		20		68		177						
80	Grill-Fried Potatoes	294	35	0	4	3	251	790												
25	Miso Sweet Potatoes	135	22	3	2	3	268	426				331		28						
80	Peas with Pearl Onions & Pancetta	131	13	0	5	4	307	139				31								
29	Sautéed Broccoli with Peanut Sauce	154	12	2	6	3	346	369				66		182						
80	Sautéed Green Beans with Tomatoes, Mushrooms & Garlic	74	11	0	3	4	185	438						28						
94	Sautéed Pea Shoots with Garlic	150	7	0	2	2	291	243				38		38						
90	Scallop Pancakes	243	40	0	5	2	197	80												
Salads & Soups																				
29	Broccoli Salad with Sherry Vinaigrette	199	8	1	5	3	366	349				58		149						
17	Citrus-Arugula Salad	183	14	0	2	5	154	446						80						
30	Mediterranean Chicken & Chickpea Soup	446	43	0	34	12	762	609		49	32	32		25						
72	Roasted Butternut Squash & Pear Salad with Quinoa	210	22	0	3	4	309	313				141		24						
92	Spicy Kohlrabi Salad	71	5	1	1	2	200	168						47						
95	Wood Ear Mushroom Salad	58	6	0	1	1	283	163												
Vegetarian																				
22	Asparagus & Smoked Mozzarella Pizzettes	264	32	1	11	3	464	123												
10	Cauliflower Grilled Cheese	488	40	0	17	8	832	583	33	34				137						
91	Watermelon Radish & Avocado Summer Rolls	220	32	1	5	5	181	343				26		31						
Chicken																				
12	Barbecue Chicken Smothered Baked Potatoes	420	47	4	30	3	603	1,175						23						
91	California Cobb Salad with Herb-Rubbed Chicken	618	16	0	34	9	705	1,031	30	36		43		74						
18	Quick King Ranch Chicken Casserole	332	21	0	30	4	376	443				39		109						
20	Sichuan Chicken Lettuce Wraps	274	11	2	26	2	457	452				70								
Beef & Pork																				
81	Grilled Herb-Fennel Pork Loin	350	6	1	20	1	622	390												
14	Pork Chops with Balsamic Sweet Onions	246	15	0	20	1	423	419												
94	Pork Potstickers	298	30	1	12	1	480	182												
80	Veal, Beef & Pork Sugo	209	8	0	15	3	450	566				29		41						
93	Zha Jiang Noodles	323	41	0	14	2	757	181												
Seafood																				
73	Anchor Bay Mussels with Tomatoes & Feta	396	19	0	20	3	443	376			32	25	258	96						
86	Inside-Out California Rolls with Mango & Spicy Mayo	499	58	3	21	8	745	308						34						
81	Linguine alla Vongole	479	53	0	32	7	755	544	21	217	47			45						
17	Speedy Crab Cakes	265	11	0	22	2	486	41												
Sauces																				
32	Basil-Cream Sauce	58	2	0	2	0	198	38												
32	Olive, Caper & Orange Relish	76	3	0	0	1	130	38												
32	Smoked Almond Romesco	65	4	0	2	1	157	7												
Desserts																				
72	Lavender Cheesecake	356	31	18	8	1	287	77				20								
36	Strawberry-Oat Streusel Bars	167	28	14	2	2	78	85												

etcetera

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Turning Over a Tender New Leaf

Tender Greens' Erik Oberholtzer is on a quest to get at-risk kids off California streets. By Sara Ventiera

THE SITUATION Erik Oberholtzer remembers seeing something new when he looked up from the line to catch one of his bussers, a 22-year-old skateboarder with wavy brown hair, confidently chatting with guests: potential. Like many kids who leave the foster system, that bright young man, Patrick, was currently homeless. Oberholtzer, the co-founder of Tender Greens—a fast-casual salad chain with 29 U.S. locations—was frustrated by the stats: within four years of leaving care, one-quarter of California's foster kids experience homelessness and 52 percent end up unemployed. Watching Patrick, Oberholtzer had an idea. "This kid would have been stepped over or ignored on the streets of Venice," Oberholtzer says. "[Working here] he was developing his self-esteem."

WHAT HE DID Inspired by Patrick, in 2009 Oberholtzer launched the Sustainable Life Project (SLP), a six-month internship for former foster youth interested in the hospitality industry. Patrick was the first intern to sign up. SLP has evolved since Patrick's days, from offering a broad culinary education to detailed job training, supported by the housing, medical and psychiatric services provided by partners like Covenant House in Hollywood. The 17- to 24-year-olds are paid \$12.50 an hour to start washing dishes. After three months of learning to arrive on time, work as a team player and manage the stress of the job, they get promoted to the prep station and begin exploring whether they prefer working in Tender Greens' kitchen or dining area.

WHY IT'S COOL So far, 38 former foster youth have been enrolled in SLP. Of the 23 graduates, 90 percent have gone into the hospitality industry, many of them at Tender Greens. Program manager Kevin Faist is there to help them succeed, offering support and counseling, while preparing them for real-world job expectations. Many of SLP's interns have risen to the management level. One of them is Josh Saurbier, who worked his way up to assistant manager. He spent his teen years sleeping under a highway overpass while caring for his disabled mother. "When I got this job, I was not in the best place," Saurbier says. (His mother had just passed away.) "Erik gave me a chance and without that chance, I don't know where I'd be." 🌱



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